

SEPTEMBER

National Preparedness Month



*Theme: A Time to Remember, A Time to Prepare.
Creating a Culture of Emergency Preparedness in Somerset County!*

Quick Tidbits:



Every **emergency supply kit** is unique. Your family kit should be created with your specific needs in mind.

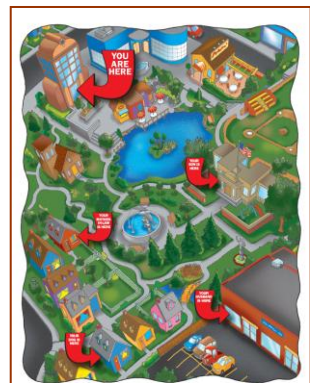


Sign up for NJ-ALERT to receive email or text during an emergency event. Visit www.njalert.gov

&

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Look up "SCHealthDept"



When making a **Family Emergency Plan**, include a contact outside your area. It may be easier to call long distance after a local emergency.

Preparedness on a budget:
Fill clean, airtight containers with **water**, instead of buying bottled water.



Remember Your **Pets!** Get your pet an emergency kit and create a buddy system.

SOMERSET COUNTY



Prepare & support your community before & after disasters by **volunteering** with local organizations.



National Preparedness Month, the perfect time for you and your family to make a plan, create a kit, and **stay informed!**



Preparedness on a budget:

Pick up canned items and other non perishable **food** items on sale 2 or 3 at a time.



Talk to your friends, neighbors and family this month and encourage them to prepare for emergencies and disasters.

Visit your local grocery stores/pharmacies and check out their NPM displays.
For more information visit: www.co.somerset.nj.us/health

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

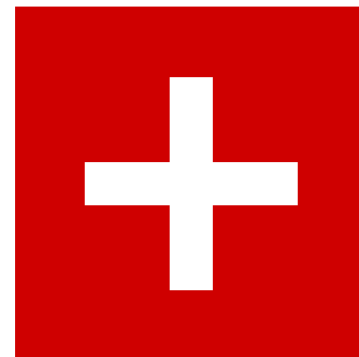
Store at least a 3-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and light-weight and rotate the food supply every six months.

- 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
- Emetic (to induce vomiting)



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

