PUBLIC HEALTH

PREPARATION...

PROTECTION...

PREVENTION

Just as public health was there when you needed immunizations for your children, the Bergen County Department of Health Services is working for you today to prepare for emergencies, to protect our citizens, and to prevent disease and injury.

Public health's role in emergency preparedness became particularly evident during the bioterrorism threats of 2001. Bergen County is uniquely prepared for bioterrorism response because of preparations that began in 1999. A Public Health Emergency Preparedness Advisory Committee was established with participation from area hospitals, municipal boards of health, and first response agencies including emergency management, fire departments and Emergency Medical Services. Through the efforts of this committee, and those of the County Public Health Planners, Educators, and Epidemiologist, comprehensive plans and procedures have been developed that outline the Public Health Response to events such as epidemics, acts of terrorism or disasters that would impact the well-being of our communities. All Emergency Response Plans developed are continuously tested through drills and exercises.

These plans can only be effective if individuals residing or working in Bergen County develop their own emergency plans — protecting themselves, their families, and their co-workers whether there is a weather related emergency, a power outage, a fire, or a bio-terrorism incident.

Together, with your help, the Bergen County Department of Health Services, along with area hospitals, municipal health departments, community public nursing agencies, and first responders can be ready to manage any emergency situation that comes our way.

STAY SAFE — BE PREPARED

Emergency Preparedness Resources

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IN CASES OF ACTUAL EMERGENCIES

Bergen County Department of Health Services
201-634-2600
www.bergenhealth.org

Bergen County Office of Emergency Management
www.bcoem.org/
201-634-3100

American Red Cross
www.bergenhudsonredcross.org/services/health.html

New Jersey Department of Health & Senior Services
www.state.nj.us/health

NJ Homeland Security
www.njhomelandsecurity.gov

NJ State Police Office of Emergency Management
www.state.nj.us/njoem/

FEMA
www.fema.gov

CDC
www.cdc.gov

DENNIS MCNERNEY
Bergen County Executive
and the
Board of Chosen Freeholders

Dennis McNerney
Bergen County Executive

PUBLIC HEALTH:

WORKING WITH YOU THROUGH EVERY EMERGENCY

PREPAREDNESS for Home & Family in Bergen County

Prepare NOW for natural disasters, power failures, terrorism threats and weather emergencies.

For more information, contact:

Bergen County Department of Health Services

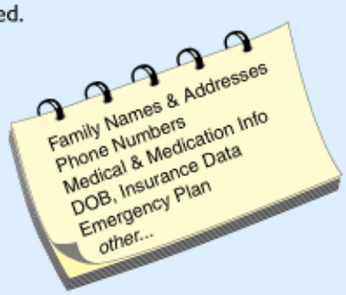
327 East Ridgewood Avenue
Paramus, NJ 07652
201-634-2600

www.bergenhealth.org

PREPARE YOUR HOUSEHOLD

When disaster strikes, uncertainty and confusion are common. Prepare NOW with this checklist to help take control and keep your family and your community safe.

- ❒ Create a family emergency plan and practice it
- ❒ Establish two meeting places, one close to home and one outside your neighborhood
- ❒ Teach children how and when to call 911
- ❒ Post emergency numbers next to every phone and share numbers with trusted friends or neighbors
- ❒ Agree on an out-of-town contact in case local phone lines are down
- ❒ Try cell phones, pay phones, or e-mail if regular phone service is unavailable
- ❒ Learn how to shut off water, gas and electricity to your home
- ❒ Listen to media reports and follow instructions from the experts
- ❒ Know your neighbors and identify people with special needs
- ❒ Take a basic CPR and first aid class
- ❒ Store important documents in at least two locations
- ❒ Know the emergency plans of your children's schools
- ❒ Plan for your pets in emergencies
- ❒ Prepare a list of important information about members of your household including names; dates of birth; medical conditions and medications; physician names/phone numbers; insurance data; and any other specific information you feel might be needed.



PREPARE AN EMERGENCY KIT

Assemble your own home emergency kit with this checklist. Prepare NOW by gathering these common household items and storing them in a duffel bag, plastic container, backpack or box.

- ❒ Portable radio and extra batteries
- ❒ Flashlight and extra batteries
- ❒ Waterproof matches and candles
- ❒ List of important numbers, local and out-of-town
- ❒ Prepaid phone cards
- ❒ First aid kit with manual
- ❒ Dust/surgical masks
- ❒ Essential medicines and eyeglasses
- ❒ Copies of prescriptions and identification
- ❒ Nonperishable foods/condensed milk
- ❒ Can opener, knife, eating utensils
- ❒ Personal toiletries
- ❒ Baby food and supplies (if appropriate)
- ❒ Recent family photos for identification
- ❒ Credit card and cash (bills and coins)
- ❒ Basic tool kit, tape, gloves
- ❒ Drinking water (3 gallons per person)
- ❒ Water purification tablets and chlorine bleach
- ❒ Pen, pencil, paper
- ❒ Toys, playing cards, games, books
- ❒ Extra clothes, shoes, blankets, rain gear
- ❒ Plastic bags and ties
- ❒ Plastic bucket with lid
- ❒ Toilet paper
- ❒ Paper towels, plates and cups
- ❒ Pet food and supplies
- ❒ Extra car keys/documents (registration, insurance card, etc.)
- ❒ Emergency Preparedness Guide

Date and replace food, water and batteries every six months.

Check and update other supplies.

PREPARE YOUR VEHICLES

Use this checklist to help create an emergency kit for each vehicle. Prepare NOW by storing these items in your vehicles. Keep vehicles fueled and in good condition, and check weather and road conditions before a trip.

- ❒ First aid kit with manual
- ❒ Flashlight and extra batteries
- ❒ Cell phone, extra battery and phonecards
- ❒ Roadside assistance card
- ❒ Portable radio and extra batteries
- ❒ Fire extinguisher (5lb. A-B-C type)
- ❒ Extra fuses
- ❒ Flares or hazard reflectors
- ❒ Jumper cables
- ❒ Properly inflated spare tire
- ❒ Jack, lug wrench, tire gauge
- ❒ Basic tool kit
- ❒ Duct tape
- ❒ Gloves, rags, paper towels
- ❒ List of important numbers, local and out-of-town
- ❒ Drinking water
- ❒ Detailed maps
- ❒ Pen, pencil, paper
- ❒ Cash (bills and coins)

FOR WINTER DRIVING, ADD:

- ❒ Windshield scraper and brush
- ❒ Extra clothes, gloves and hats
- ❒ Blankets or sleeping bags
- ❒ Small folding shovel
- ❒ Sand for traction
- ❒ Nonperishable energy foods (granola or protein bars, etc.)
- ❒ Waterproof matches and candles
- ❒ Whistle and small mirror

***Use caution when keeping potentially hazardous or flammable materials in your car during times of extreme weather conditions*