



READY TOGETHER NEW JERSEY



NJ Health
New Jersey Department of Health



NJDSPTF

New Jersey Domestic Security
Preparedness Task Force

www.njhomelandsecurity.gov



A UNITED FRONT

New Jersey's Department of Health (DOH) has made it a priority to strengthen our state's health care infrastructure to prepare for any public health emergency, whether an act of terrorism, natural disaster or an emerging infectious disease. We have made great progress.

We've made sure New Jersey is ready with medical supplies and hospital beds to treat mass casualties should a major medical emergency occur.

We've established emergency medical and risk communications systems that will work even if electricity and phone lines are down.

We've enlisted teams of medical experts we can quickly dispatch to any corner of the state at any hour. Plain and simple, we continue to be ready to respond to any health emergency.

You can participate in this preparation. We can work together to meet the needs of our state and our communities for efficient and effective emergency preparedness action plans.

Just as hospitals, local health departments, and other health care professionals are preparing to respond to any health threat, all residents should prepare themselves and their families. There are simple steps we can all take to get ready for any emergency. We've created this guide with special emphasis on health preparedness.

Public health safety is our highest priority. With your help, we can meet the challenges ahead and prepare for a healthy future.

1. PREPARE

In this guide, you'll find directions to places to go for reliable information about any public health emergency you or members of your family are likely to encounter. At the end of the guide, you'll find contact information for the agencies and organizations listed, as well as spaces to record phone numbers, state and community resources and important medical information. Please keep this information in a convenient location.

YOUR FAMILY'S HEALTH MAY DEPEND ON IT.



* Start Here: Assemble an Emergency Kit

Every household in New Jersey should have an emergency kit. An emergency kit will provide you with the basics in the event you are without water, electricity, or other essential services for a few days. For more detailed lists, visit www.nj.ready.gov, the American Red Cross site www.redcross.org or the New Jersey Department of Health website at www.nj.gov/health.

- Three days worth of water: one gallon per person per day
- Ready-to-eat canned foods, dried fruits and granola bars

TIP: Tailor list for infants or those with special diets, such as diabetics. Don't forget – pets need food and water, too.

- Manual can opener
- A cell-phone charger that can be used in your car
- Prescription medications

TIP: Do not store “just in case” medications, such as antibiotics that may go out of date.

- One change of clothing and footwear per person
- One blanket per person
- An extra set of keys, a credit card, and cash or traveler's checks

TIP: Keep cash in small denominations.

- One flashlight per person
- Battery-powered radio
- Extra batteries
- Paper goods
- Personal hygiene products
- Important family documents, such as copies of birth certificates, in a waterproof container
- An extra pair of eye glasses and/or contact lenses
- A family telephone directory, including numbers for schools, day care, work, and cell phones

FIRST AID KIT:

- Adhesive bandages, assorted sizes
- Gauge pads, assorted sizes
- Antiseptic wipes
- Antibacterial ointment
- Tweezers
- Scissors
- Thermometer
- Soap
- Aspirin and non-aspirin pain reliever
- Antacid
- Anti-diarrhea medication
- Laxative

TIPS: Keep items stored in an easy-to-carry container in case of evacuation.

Store a first aid manual in your emergency kit.

Tailor the kits for the car and for work; don't forget to add comfortable shoes to your work kit.



* Find Out Where to Go and What to Do

- Know your local TV and radio emergency broadcasting stations; tune in for information and emergency instructions.
- Find out if your community has a system of warning signals and what you should do when you hear them.
- In certain emergencies, the state will use its telephone notification system – known as a reverse 9-1-1, to call homes to notify residents of specific alerts.
- If you have questions about specific health emergencies, contact your local health department. They will have up-to-date information about disease incidents in your area. You can find a directory of New Jersey’s local health departments on the NJDOH website at www.nj.gov/health.

* Create a Personal Action Plan

Your personal action plan is your investment in family security. Phone lines may be down, circuits may be busy. Plan ahead.

- Identify a meeting place outside your neighborhood.
- Pick an out-of-state friend and another who lives nearby as your family’s contacts.
- Develop a contact list for every family member, including work, school and cell phone numbers.
- Give your family’s contact information to your family’s contacts.
- Post clear directions to your home in a convenient location in the event you need to call emergency services.
- Show each family member how to turn off water, gas & electricity.
- Find out how your children’s schools will handle emergency situations.
- Give the school your contact information, including your out-of-state friends.
- Learn where students will be taken if they are evacuated, how the school will notify you and how you will meet your child.

* Text first, Call Second

With a vast majority of residents – including children – having cell phones and text capabilities, a text message plan can save time and relieve stress. Here’s how it works:

- First, send text message to a family member during the exercise: “I M OK”/ “R U OK”
- Family member receives message
- Family member responds with: “I M OK”

* Create and Know Your Evacuation Plan

- Maintain your car with a half tank of gas.
- Plan multiple routes out of your area.

TIP: Print directions from Mapquest.com or Yahoo! Maps.

- Be Aware: The NJ Office of Emergency Management (OEM) may issue specific evacuation routes.
- Bring your emergency kit – including family medical histories.

* Consider Family Members with Special Needs

- Designate a neighbor to check on your family member in case no one else is home.
- Give your neighbor:
 - A key to your home
 - Your contact information
- Purchase medical alert bracelets to identify the disability or condition.
- Keep contact information for special needs vendors – such as oxygen suppliers – prominently displayed.

* Review Your Plan

- Update your kit every six months to replace outdated supplies and clothes that no longer fit.
- Revise your plan with the addition of a new family member or pet, or if you move to a new home.

TIPS: Consider joining a local Community Emergency Response Team (CERT), a program of neighbors helping neighbors. Call 1-877-CERT-411 for more information.

First aid can save lives. Contact your local hospital or American Red Cross chapter to schedule a first aid and CPR class.

- Plan ahead for care of pets and livestock:
Visit www.njhomelandsecurity.com/animals.html

2. RESPOND

You probably have some experience in responding to natural disasters – for instance, hurricanes or blizzards where there is often advance warning. It's also important to be alert to biological, chemical, and radiological incidents, which can happen at any time. During these types of emergencies, hazardous materials are released into the environment. Whether they are accidents or acts of terrorism, your actions should be the same:

- Immediately take the action recommended by emergency services, including instructions to stay in place, evacuate, or move to another location.
- Call 911 to report injuries or a life-threatening situation.
- In the event of a disease outbreak (rash, flu-like symptoms), call your physician to seek medical help.
- Tune to your local radio or TV station or access the NJ DOH website for updated information.
- Stay calm and try to reassure others.

Depending on the incident, those exposed may experience immediate reactions or, in the case of certain bacteria or viruses, they may not feel the effects for days. Procedures established by the New Jersey Department of Health are in place to detect contagious disease and to distribute treatment such as antibiotics, vaccines or other medications at designated facilities throughout the state. In an actual emergency, you should listen to local television or radio stations for updates and specific instructions.

If you have questions about specific diseases, biological agents or chemical threats, you can find more information at the NJ DOH website at www.nj.gov/health/er or the federal Centers for Disease Control and Prevention (CDC) at www.bt.cdc.gov.

* Where to Get Information

We are truly living in the information age. 24-hour a day news on television and radio, websites with medical information; online newspapers, blogs, and social media outlets like Facebook. Twitter and YouTube make it easier to find information at a moment's notice.

- Know what media outlets cover your county or town. Where do you go for your news? What television station covers your town the best? What local newspaper do you get? What radio station has the best news?
- Find out if your local newspaper has an online edition. These will be available from smartphones or other devices even if electricity goes out.
- Find out if your local or county health agency has a social media presence – and then sign up to follow them. You will be able to get immediate updates.
- See if your local health agency or other emergency has a text message service for preparedness. The NJ Office of Emergency Management has a text alert service that is free. To find about more information about NJ Alert, visit www.state.nj.us/njoem.
- In addition, the NJ Department of Health has the capability to open an information line for health information. If this phone line opens, it will be advertised on www.nj.gov/health.

TIP: For authoritative emergency information in your area, contact your county and/or municipal emergency management coordinator listed in the blue pages of your phone directory or visit the NJDOH website.

TIP: In advance of a power outage, it's important to make sure you have working cell-phone chargers that can be plugged into your car. This will help anyone with a smart phone or other device stay connected until power returns.

3. RECOVER

* Where to Turn for Help

New Jersey has extensive plans in place to assist its residents with shelter, food, water and antibiotics. Counseling services are also available if needed.

In many parts of the state, 2-1-1 has been established as an information line that can connect you with organizations that provide these services. Local Red Cross chapter will also help you locate the services you need.

* When You Want to Help

- Before traveling to the site of a disaster, contact your local police or fire department to see if volunteers are needed – and if it's safe to travel.
- Call your local hospital or Red Cross Chapter to find out if blood donations will help.

TIP: Don't wait for an emergency to donate blood. Make it a habit. Each donation can save up to three lives.

* We're Ready Together, New Jersey

Congratulations! By preparing for an emergency, you've taken important steps to safeguard your health and the health of your loved ones.



EMERGENCY RESOURCES

PUBLIC HEALTH SERVICES

American Red Cross:

www.redcross.org; for local chapter, see white pages of your phone directory

Local health departments:

See blue pages in your local phone directory or go to <http://nj.gov/health/lh/directory/lhdselectcounty.shtml>

Hospitals:

See yellow pages in your local phone directory

New Jersey Department of Health (NJDOH):

Public Call Center

866-321-9571

www.state.nj.gov/health

NJDOH Office of Emergency Medical Services (OEMS):

609-633-7777

www.nj.gov/health/ems

NJDOH Communicable Disease Services:

609-826-5964

<http://nj.gov/health/cd/>

New Jersey Poison Control Center:

1-800-222-1222

U.S. Department of Health & Human Services - Centers for Disease Control and Prevention (CDC):

1-888-246-2675 (English) 1-888-246-2857 (Espanol)

www.cdc.gov

GENERAL

New Jersey Office of Homeland Security and Preparedness:

www.njhomelandsecurity.gov

U.S. Department of Homeland Security:

www.ready.gov

Federal Emergency Management Agency (FEMA):

1-800-480-2520

www.fema.gov

PERSONAL PLANNER

Contact information

List family members (work, cell phones, and e-mail):

Out-of-state contact (phone and e-mail):

Neighbors (phone):

Children's Schools/Day Care (phone):

Local hospital (address and phone):

Family physicians (address and phone):

Family Pharmacy (address and phone):

Local police: #911:

Local fire department: #911:

County health department:

American Red Cross, local chapter:

Medical History for each family member

Name: _____

Allergies: _____

Medications: _____

Name: _____

Allergies: _____

Medications: _____

Name: _____

Allergies: _____

Medications: _____

Name: _____

Allergies: _____

Medications: _____

Name: _____

Allergies: _____

Medications: _____

Communicating with family members

Designated meeting place:

Evacuation instructions

Directions out of town (highways and back roads):

Your children’s schools/day care evacuation plans:

School: _____

Location: _____

School: _____

Location: _____

School: _____

Location: _____

Additional Notes



READY TOGETHER NEW JERSEY



NJ Health
New Jersey Department of Health



NJDSPTF

New Jersey Domestic Security
Preparedness Task Force

www.njhomelandsecurity.gov