

DIVISION OF EMERGENCY MANAGEMENT

PREPARING FOR THE UNEXPECTED

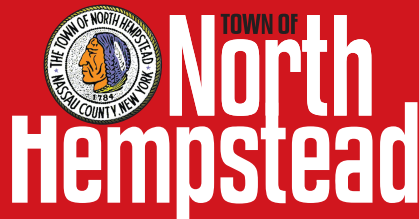
A Message from Supervisor Jon Kaiman

While I sincerely hope we never face an emergency that gives you occasion to utilize the emergency instructions contained in this brochure, please read this booklet carefully, and follow its directions as to how you and your family should prepare in advance for the possibility of a natural or man-made disaster.

This booklet has been prepared by the Town's Division of Emergency Management, the information it contains represents the most up-to-date advance disaster planning directions available.

Furthermore, in the event of an impending or actual emergency, the Town will utilize its new REVERSE 311 technology to give you specific instructions on how to best protect your family.

Janet Wohlars
Director of North Hempstead Emergency Management



www.northhempstead.com

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. You can cope with disaster by preparing in advance. Follow the steps listed in this brochure to create your disaster plan and disaster supplies kit.

YOUR DISASTER PLAN

CREATE A DISASTER PLAN

- Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and other emergencies to children. Plan to share responsibilities and work together as a team.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home.Everyone must know this address and phone number.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

COMPLETE THIS CHECKLIST

- Post emergency telephone numbers by phones. (fire, police, ambulance, etc.)
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the utilities (water, gas, and electricity) at the main switches.
- Check if you have adequate insurance coverage.
- Get training for each family member on how to use the fire extinguisher (rated Class A, B and C), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find safe places in your home for each type of disaster.

PRACTICE AND MAINTAIN YOUR PLAN

- Quiz your children every six months.
- Conduct fire and emergency evacuations.
- Replace stored water and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.

YOUR DISASTER SUPPLIES KIT



The basic items that should be stored in your home are water, food, first-aid supplies, fire extinguisher (rated Class A, B and C), clothing and bedding, tools, emergency supplies and specialty items. Keep the items that you would most likely need at home in one easy-to-carry container such as a trash can, plastic storage container, camping backpack or duffel bag. Store it in a convenient place, and put a smaller version in your car. Keep items in airtight plastic bags. Remember to change the stored water and food supplies every six months (place dates on containers). Check the supplies and rethink your needs every year. Consult your physician or pharmacist about storing prescription medications, and maintain a list of your prescription needs.

WATER: Purchase bottled water, or store tap water in clean, airtight plastic containers. Avoid containers that will decompose or break, such as glass bottles. Plan for one gallon of water per person per day. Water should be stored in a cool, dark place with the date labeled on the container. Having some water purification tablets on hand could be useful in the event of an extended water service outage.

FOOD: Store a three- to five-day supply of nonperishable food per person. Foods should require no refrigeration, preparation or cooking, and little or no water. Examples include: ready-to-eat canned meats, fruits and vegetables; canned or boxed juices, milk and soup; condiments such as sugar, salt and pepper; high-energy food like peanut butter, jelly, low-sodium crackers, granola bars and trail mix; vitamins; foods for infants or persons on special diets; cookies; hard candy; instant coffee and sweetened cereals. Bulk food items such as wheat, powdered milk, corn and soybeans can be stored for long periods of time.

FIRST-AID KIT: Assemble a first-aid kit for your home and each vehicle. Items should include sterile adhesive bandages in assorted sizes, gauze pads, hypoallergenic adhesive tape, triangular bandages, sterile gauze roll bandages, Ace bandages, scissors, tweezers, needle, moistened towelettes, antiseptic, thermometer, tongue depressors, tube of petroleum jelly or other lubricant, safety pins, cleansing soap, latex gloves and sunscreen. Other items include aspirin or other pain medication, antidiarrhea medication, Syrup of Ipecac, activated charcoal (in case of poisoning), antacids and laxatives.

TOOLS AND SUPPLIES: Keep the following items handy for all-around use: battery-powered radio, flashlight, extra batteries of assorted sizes (check shelf life before purchasing), duct tape, aluminum foil, rope, bow saw, mess kits or paper cups, plates and plastic utensils, cash (include change) and/or traveler's checks, nonelectric can opener and utility knife, small fire extinguisher, tube tent, pliers, adjustable wrench, compass, waterproof matches, plastic storage containers, signal flares, paper and pencil or pen, needles and thread, medicine dropper, whistle, plastic sheeting and local map. For sanitation, pack toilet paper, soap and liquid detergent, feminine supplies, plastic garbage bags with ties, a plastic bucket and lid, disinfectant and household chlorine bleach.

CLOTHING AND BEDDING: Assemble one or two complete changes of clothing per person, sturdy shoes or work boots, rain gear, blankets or sleeping bags, hat and gloves, thermal underwear and sunglasses.

SPECIALTY ITEMS: **Babies:** formula, diapers, bottles, powdered milk and medication.

Adults: medications, prescriptions, denture needs, eyeglasses and/or contact lenses and related supplies, personal hygiene items. **Entertainment:** games, books and several quiet toys for children.

Important Family Documents: wills, insurance policies, bank account numbers, contracts, deeds, passports, stocks and bonds, immunization records, important phone numbers, credit card accounts, Social Security cards and other personal family records. **Equipment:** NOAA weather radio.

If Disaster Strikes — Remain calm and patient. Put your plan into action.

Check for Injuries — Give first aid and get help for seriously injured people.

Tune In — Listen to your battery-powered radio for news and instructions.

Check for Damage in Your Home

- Use flashlights. Do not light matches or turn on electrical switches if you suspect damage.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any damaged utilities. (You will need a professional to turn gas back on.)
- Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately.

Remember

- Confine or secure pets.
- Call your family contact - do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is cut off.
- Stay away from downed power lines.

IMPORTANT PHONE NUMBERS

Remember — 911 Calls Are For Emergency Situations Only

- Town of North Hempstead311 Within the Town or (516) 869-6311 if Outside of Town
- Nassau County Office of Emergency Management ... (516) 573-0636
- Nassau County American Red Cross(516) 7H7-3500
- Nassau County Police(516) 573-7000
- LIPA1-800-490-0075

WEBSITE RESOURCES

- Federal Emergency Management Agencywww.fema.gov
- National Weather Servicewww.nws.noaa.gov
- New York State Emergency Management Office www.nysemo.state.ny.us
- American Red Cross www.redcross.org
- Town of North Hempsteadwww.northhempstead.com



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