# A PUBLIC HEALTH GUIDE TO EMERGENCY PLANNING

# READY TOGETHER NEW JERSEY

NJ DSPTF
New Jersey Domestic Security Preparedness Task Force

www.njhomelandsecurity.gov

READY TOGETHER NEW JERSEY

# A UNITED FRONT

New Jersey's Department of Health and Senior Services 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 large numbers of patients 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, and enlisted teams of medical experts that we can quickly dispatch to any corner of the state at any hour. We are ready to respond to any call.

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, public health departments, and law enforcement agencies are preparing to respond to any health threat, all residents of our state 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. It will serve to supplement two earlier state publications – *A Family Preparedness Guide* and *Plain Talk on Terrorism Preparedness.*

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

*—Fred M. Jacobs, M.D., J.D., Commissioner*
*New Jersey Department of Health and Senior Services*

# 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 about each member of your family. 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 the state should prepare 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, see *Plain Talk on Terrorism Preparedness* at www.njhomelandsecurity.gov or visit the American Red Cross at www.redcross.org and the New Jersey Department of Health and Senior Services (NJDHSS) at www.state.nj.us/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
- ☐ 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 eyeglasses 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
- ☐ Gauze pads, assorted sizes
- ☐ Antiseptic wipes
- ☐ Antibacterial ointment
- ☐ Tweezers
- ☐ Scissors
- ☐ Thermometer
- ☐ Soap
- ☐ Aspirin and non-aspirin pain relievers
- ☐ 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. Stations are listed by county on page 6 of this guide.
- ☐ 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 reverse 9-1-1, to call into homes to notify residents of a specific alert.
- ☐ If you have questions about specific health emergencies, contact your local health department. Representatives will have up-to-date information about disease incidents in your area. You can find a Directory of Local Health Departments on the NJDHSS Web site, www.state.nj.us/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 for your family near your home and another outside your neighborhood.
- ☐ Pick an out-of-state friend and another who lives near you 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 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, and electricity.
- ☐ Find out how your children's schools will handle emergency situations.
- ☐ Give the school your contact information, including that of both your friends.
- ☐ Learn where students will be taken if they are evacuated, how the school will notify you, and how you will meet your child.

## ✱ Create and Know Your Evacuation Plan

☐ Maintain your car with at least a half tank of gas.

☐ Plan multiple routes out of your area.

**TIP:** PRINT DIRECTIONS FROM MAPQUEST.COM OR MAPS.YAHOO.COM.

☐ Be Aware: The 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 a trusted 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 if you move to a new home.

**TIPS:** CONSIDER JOINING A LOCAL COMMUNITY EMERGENCY RESPONSE TEAM (CERT), A PROGRAM OF NEIGHBORS HELPING NEIGHBORS: 1-877-CERT-411.

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.gov/animals.



# 2. RESPOND

**You may have experience in responding to natural disasters such as hurricanes or blizzards where there is often advance warning. It's also important to be alert to biological, chemical, and radiological incidents, which could happen at any time and without warning. During these types of emergencies, hazardous materials can be 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 9-1-1 to report injuries or a life-threatening situation.

☐ To report an incident involving hazardous materials, call 9-1-1.

☐ In the event of a disease outbreak (rash, flu-like symptoms), call your physician or seek medical help.

☐ Tune to your local radio or TV station or access the NJDHSS Web site for updated information (see page 6).

☐ 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 and Senior Services are in place to detect contagious diseases and to distribute treatment such as antibiotics or vaccines at special facilities throughout the state. In an actual emergency, you should contact your local health department or listen to local stations for updates and instructions.

If you have questions about specific diseases or about biological or chemical agents, you can find fact sheets in multiple languages by visiting the NJDHSS Web site at www.state.nj.us/health/er or the Centers for Disease Control and Prevention (CDC) at www.bt.cdc.gov.

## Where to Get Information

Listen for emergency information on local radio, TV and cable stations, and use your battery-powered radio to monitor Emergency Alert System information on the EAS radio stations in your area. Listed below are some of the EAS stations that serve New Jersey.

| | | |
|---|---|---|
| Atlantic | WFPG | 96.9 FM |
| Bergen | WFME | 94.7 FM |
| Burlington | WKDN | 106.9 FM |
| Camden | WKDN | 106.9 FM |
| Cape May | WFPG | 96.9 FM |
| Cumberland | WIXM | 97.3 FM |
| Essex | WFME | 94.7 FM |
| Gloucester | WKDN | 106.9 FM |
| Hudson | WFME | 94.7 FM |
| Hunterdon | WNJT | 88.1 FM |
| Mercer | WNJT | 88.1 FM |
| Middlesex | WNJT | 88.1 FM |
| Monmouth | WRAT | 95.9 FM |
| Morris | WFME | 94.7 FM |
| Ocean (Toms River & north) | WRAT | 95.9 FM |
| Ocean (Toms River & south) | WFPG | 96.9 FM |
| Passaic | WFME | 94.7 FM |
| Salem | WIXM | 97.3 FM |
| Somerset | WNJT | 88.1 FM |
| Sussex | WNNJ | 103.7 FM |
| Union | WFME | 94.7 FM |
| Warren | WNNJ | 103.7 FM |

**TIP:** FOR AUTHORITATIVE EMERGENCY INFORMATION IN YOUR AREA, CONTACT YOUR LOCAL POLICE DEPARTMENT OR VISIT www.njhomelandsecurity.gov.



# 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. In some parts of the state, 2-1-1 has been established as a new help line number to connect you with organizations that provide these services. Your local Red Cross chapter will also help you locate the services you need.**

## When You Want to Help

- ☐ Become part of your county's "public health team" by joining the NJ Medical Reserve Corps. Medical professionals and other interested community members are encouraged to volunteer. Contact your local health department for more information.
- ☐ Call your local hospital or regional blood center 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 department:**
See blue pages in your local phone directory or go to www.state.nj.us/health/lh/directory/lhdselectcounty.htm to access directory of local health departments

**Hospitals:**
See yellow pages in your local phone directory

**New Jersey Department of Health and Senior Services (NJDHSS):**
(609) 292-7837, www.state.nj.us/health

**NJDHSS, Communicable Disease Service:**
(609) 588-7500, www.state.nj.us/health/cd

**New Jersey Emergency Medical Services (EMS):**
(609) 633-7777, www.state.nj.us/health/ems

**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 (Español)
www.cdc.gov

## GENERAL

**New Jersey Homeland Security:**
www.njhomelandsecurity.gov

**U.S. Department of Homeland Security:**
www.ready.gov

**Community Emergency Response Team (CERT):**
1-877-237-8411, www.state.nj.us/njoem/cert

**Federal Emergency Management Agency (FEMA):**
1-800-480-2520, www.fema.gov

**New Jersey Office of Emergency Management, State Police Division Headquarters (NJ OEM):**
(609) 882-2000, www.state.nj.us/njoem



# PERSONAL PLANNER

**Contact Information**

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

_____

_____

_____

_____

_____

☐ Local contact (phone and e-mail):

_____

_____

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

_____

☐ Neighbors (phone):

_____

_____

☐ Children's schools/day care (phone):

_____

_____

_____

☐ Local hospital (name, address, and phone):

_____

_____

_____

☐ Local police: 9-1-1

☐ Local fire department: 9-1-1

☐ Family physicians (address and phone):

_____

_____

☐ Family pharmacy (address and phone):

_____

_____

☐ Local health department:

_____

_____

☐ American Red Cross, local chapter:

_____

_____



## Medical history for each family member

☐ Name _____

Allergies _____

Medications _____

Immunizations _____

☐ Name _____

Allergies _____

Medications _____

Immunizations _____

☐ Name _____

Allergies _____

Medications _____

Immunizations _____

☐ Name _____

Allergies _____

Medications _____

Immunizations _____

☐ Name _____

Allergies _____

Medications _____

Immunizations _____

## Communicating with family members

☐ Designated meeting places:

_____

_____

## 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

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NEW JERSEY DEPARTMENT OF HEALTH AND SENIOR SERVICES

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