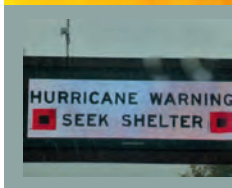


# Emergency Preparedness **DISASTER TIPS**



**GET A KIT • MAKE A PLAN • STAY INFORMED**





## **Be Informed, Prepared, and Involved!**

The Ocean County Health Dept. in conjunction with Ocean County Office of Emergency Management created this booklet to assist in preparing you for emergencies or potential disasters.

### **How to use this pamphlet**

This pamphlet is designed to help you prepare for when a disaster strikes. Being prepared for disasters or emergencies is critically important, especially for those with special needs or who may need assistance in case of emergency.

Get started now by reviewing this checklist you should reference when preparing for an emergency situation.



### **Check upon completion**

- Put together my Disaster Supplies Kit.
- Completed a Personal Assessment.
- Created a Support Network.

- Arranged an Out-Of-Town Contact.
- Completed an Emergency Health Information Card for each family member.
- Installed audible and visual alarms and smoke detectors.
- Gathered my Emergency Documents.
- Created my Communication Plan.
- Told my family, neighbors, and local emergency teams what I need in an emergency situation.

## Record important information

Decide where to meet your family if you become separated.

Pick where you keep your emergency supplies so your family can access them when in need.

Choose an out-of-town contact who you can call following a disaster.

**Getting Started**



## **Cognitive Impairments Disaster Tips**

### **1. Get a Kit**

- ✓ List of key phrases on a card for emergency personnel. Think about what someone who is helping you might need to know about you.

Your card may say:

- I cannot read.
- I communicate using an assistive communication device.
- I may have difficulty understanding what you are telling me.
- I forget easily; please write down information for me.

## 2. Make a Plan

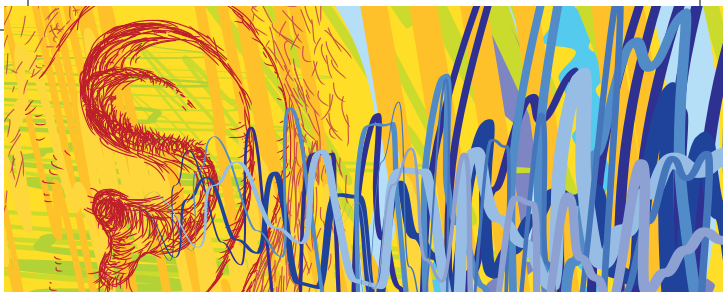
- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.
- ✓ Choose an out-of-town contact. Your family members must know how to contact this person.
- ✓ Decide where to meet your household members if ever separated during an emergency.

## 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Develop a communication plan with your family.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Know which television and radio stations in your area broadcast in Emergency Alert System.

WOBM - AM	1160	WJLK - AM	1310
WJRZ - FM	100.1	WRAT - FM	95.9
WOBM - FM	92.7	WJLK - FM	98.5

**Cognitive Impairments**



## **Deaf or Hard of Hearing Disaster Tips**

### **1. Get a Kit**

In addition to the list of recommended items to include in a Disaster Supplies Kit, people who are deaf or hard of hearing may consider including the following items:

- Extra hearing aids and batteries
- A list of key phrases for emergency personnel (e.g. “I need an interpreter”)
- Battery powered radio and extra batteries
- Extra batteries for visual or sensory alarms, phones and TTY
- Car charger for communication devices

### **2. Make a Plan**

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.

- ✓ Choose an out-of-town contact. Your family members must know how to contact this person.
- ✓ Decide where to meet your household members if ever separated during an emergency.
- ✓ Check that all your visual and vibrating alerting devices have back-up battery.

### 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Develop a communication plan with your family.
- ✓ Ask your local fire department, police department, or emergency special assistance programs.
- ✓ Ask your city or county how they will warn you of a disaster situation and provide information to you before, during, and after a disaster.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System.

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**Deaf or Hard of Hearing**



## **Life Support Systems Disaster Tips**

### **1. Get a Kit**

In addition to the list of recommended items to include in a Disaster Supplies Kit, people who use life support systems may consider including the following items:

- Tools and supplies needed to maintain the respirators or other electric-powered medical equipment
- Two-week supply of dressings, nasal cannulas and suction catheters
- Copies of your medical records
- A list of the name and manufacturer of the respirator and life support equipment

### **2. Make a Plan**

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.
- ✓ Choose an out-of-town contact. Your family members must know how to contact this person.



- ✓ Decide where to meet your household members if ever separated during an emergency.
- ✓ Make prior arrangements with your physician or check with your oxygen supplier about emergency plans for those on respirators or other electric-powered medical equipment.
- ✓ Label equipment and add instruction cards. Also inform your personal support network on how to safely operate and move your equipment.
- ✓ Secure any life support equipment to prevent damage from falling.
- ✓ Obtain a generator if appropriate and feasible.

### 3. Stayed Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Develop a communication plan with your family.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Ask your city or county how they will warn you of a disaster situation and provide information to you before, during, and after a disaster.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System.

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## Life Support Systems



## **Mental Health & Substance Abuse Disaster Tips**

### **1. Get a Kit**

In addition to the list of recommended items to include in a Disaster Supplies Kit, people with mental health and/or substance abuse problems may consider including the following items:

- Name and phone number of your local mental health professional(s), recovery sponsor, and/or other persons for support.
- Name and phone number of your primary care physician and mental health and/or substance abuse professional care provider.
- Copy of information about name of prescribed medication, dosage, and where to receive the medication.

### **2. Make a Plan**

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.
- ✓ Choose an out-of-town contact. Your family members must know how to contact this person.

- ✓ Decide where to meet your household members if ever separated during an emergency.
- ✓ Know the signs and symptoms and common reactions to a disaster and develop and discuss coping skills with your family and friends who offer you support. Among the signs to look for over time are:
  - Feeling tense, nervous, numb, or tired
  - Having sleeping problems
  - Increased dependence on alcohol or drugs
  - Being angry or irritable
- ✓ If you have ever experienced a problem with alcohol or other drugs:
  - Practice how to communicate your needs.
  - Discuss the type of reactions you may have after a disaster.
  - Stay clear of anything that may trigger relapse.

### 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Develop a communication plan with your family.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System.

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## **Mobility Impairments Disaster Tips**

### **1. Get a Kit**

In addition to the list of recommended items to include in a Disaster Supplies Kit, people who have mobility impairments may consider including the following items:

- A pair of heavy gloves to use while wheeling or making your way over glass and debris
- Extra battery for motorized wheelchair
- If you do not have puncture proof tires, keep a patch kit or can of “seal-in-air product” to repair flat tires and/or keep an extra supply of inner tubes
- Electrical back-up for medical equipments

### **2. Make a Plan**

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.
- ✓ Choose an out-of-town contact.
- ✓ Decide where to meet your household members if ever separated during an emergency.

- ✓ If you have motorized wheelchair or scooter, consider having an extra battery available. Ask your vendor how you will be able to charge the batteries.
- ✓ Arrange and secure furniture and other items to provide paths of travel and barrier free passages.
- ✓ If you spend time above the first floor of an elevator building, plan and practice using alternate methods of evacuation.
- ✓ If you cannot use stairs, discuss lifting and carrying techniques that will work for you.
- ✓ Be sure to have electrical back-up for any medical equipment.

### 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Develop a communication plan with your family.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Ask your city or county how they will warn you of a disaster situation and provide information.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert Systems.
- ✓ Ask your local emergency management office if they have an emergency notification system that can interface with a TTY. This system can contact people in an affected area.

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## Seniors Disaster Tips

### 1. Get a Kit

In addition to the list of recommended items to include in a Disaster Supplies Kit in case of an emergency, seniors may consider including the following items:

- A three-day supply of any medication you are prescribed and/or a copy of your prescription medications and dosages
- List of any allergies
- Extra eyeglasses
- Extra oxygen
- List of the style and serial number of medical devices, such as pacemakers
- Medical insurance cards
- List of doctors and relatives or friends who should be notified if you are injured
- Glucometer / Diabetes medication

### 2. Make a Plan

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.
- ✓ Choose an out-of-town contact. Everyone must know how to contact this person.
- ✓ Decide where to meet your household members if ever separated during an emergency.
- ✓ Plan and practice the escape route from your home.

- ✓ Discuss who will check on you in the event of an emergency.
- ✓ Have a plan to signal for help.
- ✓ Contact Ocean County Office of Senior Services at (732) 929-2091 for any updated information.
- ✓ Contact Ocean County Office of Emergency Management (OEM) at (732) 341-3451 on how to register for the Special Needs Registry.
- ✓ Check that all of your visual and vibrating alerting devices have battery back-up in the event of a power outage. Replace the batteries every six months.

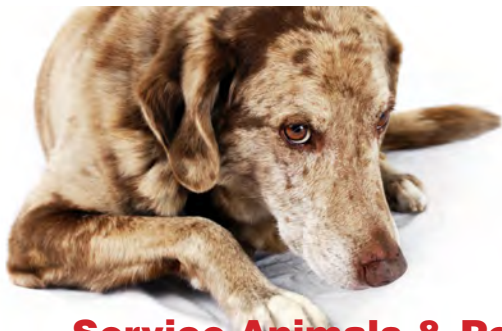
### 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Develop a communication plan with your family.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System.

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**Seniors**



## **Service Animals & Pets Disaster Tips**

### **1. Get a Kit**

In addition to the list of recommended items to include in a Disaster Supplies Kit, people who care for service animals and pets may consider creating an Animal Supply Kit and Take-Along Bag including the following:

- Two-week supply of water and food
- Non-spill food and water dishes
- Manual can opener and spoons
- Animal/service animal identification information
- Cage/carrier labeled with contact information
- Favorite toys, treats, blankets
- Leash, collar, harness, muzzle, stakes, and tie downs
- Litter, litter pan, litter scoop
- Newspaper (for bedding or litter)
- Paper towels and plastic baggies
- Pet medication

### **2. Make a Plan**

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.
- ✓ Choose an out-of-town contact. Everyone must know this contact person.
- ✓ Decide where to meet your household members if you become separated.



- ✓ Check your Animal Supply Kit and Take-Along Bag every six months to keep information current and supplies fresh.
- ✓ Make sure your service animals and pets have current ID tags. Consider other methods of identification, such as microchip.
- ✓ Plan how your pets will be cared for if you have to evacuate and build relationships with other animal owners in your neighborhood.
- ✓ Keep vaccinations current.
- ✓ Keep your pets and service animals confined or securely leashed/harnessed during or after a disaster so they are not confused or frightened.

### 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Learn the emergency plans and procedures that exist where you and your family spend time. Develop a communication plan with your family.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.

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## Service Animals & Pets



## Visual Impairments Disaster Tips

### 1. Get a Kit

In addition to the list of recommended items to include in a Disaster Supplies Kit, people who have visual impairments may consider including the following:

- Medications and Special Items-extra folding mobility cane, extra pair of dark glasses (if medically required)
- Tape recorder & extra batteries
- Create an Animal Supply Kit and Take-Along-Bag (Please refer to the Service Animal & Pets Disaster Tips)

### 2. Make a Plan

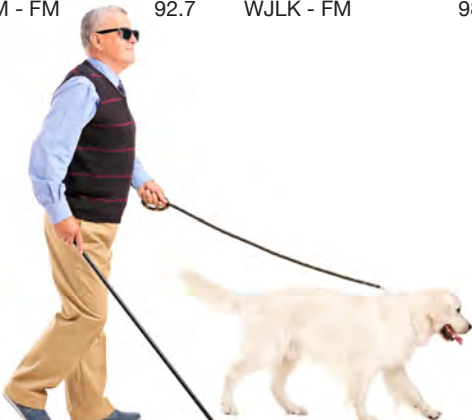
- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ✓ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person. (e.g. TTY, email, phone, instant message, etc.)
- ✓ Decide where to meet your household members if you become separated.
- ✓ Complete an Emergency Health Information Card. Update it regularly and keep it with you at all times.
- ✓ Canes: If you use a cane, keep extras in strategic, consistent and secured locations to help you maneuver around obstacles and hazards.

- ✓ Service animals may become frightened or confused during and after a disaster: keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal.
- ✓ Plan for losing the auditory cues you usually rely on after a major disaster.
- ✓ Mark emergency supplies with large print, fluorescent tape or Braille.
- ✓ If you have some vision, place security lights in each room to light paths of travel. These lights plug into electrical wall outlets and light up automatically if there is a loss of power. (Check your local hardware stores.)
- ✓ Secure computers and anchor special equipment. Create a back-up system for important data and store it off-site.

### 3. Stay Informed

- ✓ Learn your community's response and evacuation plans.
- ✓ Learn the emergency plans and procedures that exist where you and your family spend time. Develop a communication plan with your family.
- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System.

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## Visual Impairments



## Parents & Caregivers of Children Disaster Tips

### 1. Get a Kit

In addition to the list of recommended items to include in a Disaster Supplies Kit, parents or caregivers of children should consider including the following:

- ✓ A list of children for whom they are providing care, including:
  - Full name and nicknames
  - Date of birth
  - Copy of birth certificate
  - Recent photograph
  - List of allergies and medications taken on a regular basis
  - Consider enrolling your child in the Ocean County Sheriff's Office Child Identification Program
  
- ✓ If a child has "functional needs" (diabetes, cerebral palsy, visual impairment, etc.), please list the following:
  - Type of functional need
  - Medications and the dosage
  - Physician's name and contact info
  - Name, address and phone number of school
  - List of other caregivers along with contact information and their roles
  - Alternate contact numbers for others who can pick up children
  - Photograph of child along with pertinent information (height, weight, color of hair, color of eyes, any distinguishing marks)

### 2. Make a Plan

- ✓ Meet with your family members, friends, and building manager to review community hazards and emergency plans.

- ✓ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, phone, instant message, etc.)
- ✓ Daycares-Schools Note: If daycare center/school is not accessible, list a primary and a secondary reunification site.
- ✓ Complete an Emergency Health Information Card for each child. Update it regularly and keep it with you at all times.

### 3. Stay Informed

- ✓ Visit [www.nj.gov/njparentlink/health/emergency](http://www.nj.gov/njparentlink/health/emergency) for more tips.
- ✓ Learn your community's response and evacuation plans.
- ✓ Learn the emergency plans and procedures that exist where you and your family spend time. Develop a communication plan with your family.
- ✓ Know which television and radio stations in your area broadcast the Emergency Alert System and close caption the entire emergency broadcast.

WOBM - AM	1160	WJLK - AM	1310
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- ✓ Ask your local fire department, police department, or emergency management office about emergency special assistance programs.
- ✓ Ask your city or county how they will warn you of a disaster situation and provide information to you before, during and after a disaster.





## **Preparing Your Emergency Supply Kit**

Supplies should last for at least 3 days. Reference the needed items list below and prepare accordingly:

### **Water**

- Store one gallon of water per person per day.
- Keep at least a three-day supply of water for each person in your household.

### **Nonperishable food – 3 Day Supply**

- Ready-to-eat canned meats, fruits & vegetables
- Canned juices, milk, soup
- High-energy foods – peanut butter, jelly, crackers, granola bars, trail mix

### **A first-aid kit**

- Sterile adhesive bandages in assorted sizes
- Tube of petroleum jelly or other lubricant
- Gauze pads and bandages
- Scissors
- Cleansing agent / soap
- Moistened towelettes
- Antiseptic

### **Non-prescription drugs**

- Aspirin and nonaspirin pain reliever
- Anti-diarrhea medication
- Laxative
- Antacid (for upset stomach)

### **Sanitation**

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags
- Plastic bucket with tight lid

## Tools

- Paper cups, plates and utensils
- Flashlight and extra batteries
- Battery operated radio and extra batteries
- Cash, traveler's checks, change
- Non-electric can opener, utility knife
- Map of the area
- Emergency Preparedness Manual
- Fire extinguisher: small – ABC type
- Duct tape
- Plastic sheeting
- Medicine dropper
- Paper, pencil
- Matches in a waterproof container
- Sewing kit
- Plastic storage containers, bags
- Whistle – to signal for help

## Clothing and bedding

- Sturdy shoes and work boots
- Rain gear
- Blankets or sleeping bags
- Sunglasses

## Special items for baby

- Formula
- Diapers
- Bottles
- Medications
- Powdered Milk

## Special items for adults

- Heart and high blood pressure medication
- Other prescription drugs
- Insulin
- Extra eye glasses
- Contact lenses and supplies
- Denture needs

## Important family documents

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records



## Medical Reserve Corps (MRC)



### What is the MRC?

The Ocean County Health Department's Medical Reserve Corps (MRC) is a component of the New Jersey Citizen Corps. The program is designed to identify and register volunteers who are willing to serve during a public health emergency.

Our program consists of both healthcare professionals (e.g., physicians, nurses, EMTs) and community volunteers with a focus on assisting at a distribution site (medicines) or medical needs shelter. Online/in-person trainings, seminars and exercises are offered/occur throughout the year.

### Why do we need MRC?

After the terrorist attacks that occurred on September 11, 2001, many Americans responded by volunteering to help. Although there were several qualified medical and public health professionals eager to assist, they could not be utilized due to the fact they had not been identified under the emergency management system, trained and credentialed in advance. In response to the need for medically trained professionals who can be trained and pre-identified to respond to public health emergencies, in cooperation with the White House's USA Freedom Corps, the Medical Reserve Corps was formed in 2002. Non-healthcare community members can also join the MRC and be trained to assist. Over the years, the Ocean County Health Department's MRC has worked in concert with affiliated volunteer programs via the Sheriff's Department's Office of Emergency Management (CERT – Community Emergency Response Teams) and professional organizations such as the Red Cross and (MOCAAPI) – Monmouth and Ocean County American Association of Physicians of Indian Origin to respond to events such as Hurricane Sandy, Ebola and Zika viruses, and most recently our COVID-19 pandemic.



## Level of commitment...

Both active and retired professionals have other responsibilities and demands so we attempt to maintain a flexible program schedule that requires a minimal amount of time spent attending events and training.

## Training...

As a MRC volunteer, you will receive hands-on training and education on various topics such as emergency preparedness and response, incident command, bioterrorism, clinic operations, and infectious disease. There are also opportunities to receive online training via the Internet.

## Interested in joining the MRC?

Log on to <https://njlmn.njlincs.net/> and follow the instructions to register for our MRC program in OCEAN County. If you would like to speak to someone regarding the MRC program, please contact **Michael Prifold** via e-mail at [MPrifold@ochd.org](mailto:MPrifold@ochd.org).



**Medical Reserve Corps (MRC)**



## **Keep contact information handy**

National emergency agencies can provide you with more information

### **American Red Cross**

[www.redcross.org](http://www.redcross.org)

1-800-REDCROSS (1-800-733-2767)

### **Federal Emergency Management Agency (FEMA)**

[www.fema.gov](http://www.fema.gov)

1-800-621 FEMA (1-800-621-3362)

### **Centers for Disease Control and Prevention**

[www.cdc.gov](http://www.cdc.gov)

1-800-232-4636

## **State & Local Agencies**

### **New Jersey Department of Health**

[www.state.nj.us/health](http://www.state.nj.us/health)

1-800-792-9770

### **New Jersey Office of Emergency Management**

[www.state.nj.us/njoem](http://www.state.nj.us/njoem)

1-609-963-6900

### **NJ 2-1-1**

[www.NJ211.org](http://www.NJ211.org)

1-877-652-1148

### **Ocean County Health Department**

[www.ochd.org](http://www.ochd.org)

1-732-341-9700

### **Ocean County Office of Emergency Management**

[www.co.ocean.nj.us/OCsheriff/](http://www.co.ocean.nj.us/OCsheriff/)

1-732-341-3451

### **Bright Harbor Healthcare**

[www.brightharbor.org](http://www.brightharbor.org)

1-732-575-1111

### **Ocean County Human Services**

[www.co.ocean.nj.us/oc/ocdhs](http://www.co.ocean.nj.us/oc/ocdhs)

1-800-544-7184

**Local Emergency Services**

## **Write down these important local numbers.**

It is important to have this information handy so in case of emergency, you can save time looking for the contact information.

### **Police Department/Sheriff**

### **Fire Department**

### **Local Emergency Services**

### **Health-care Provider**

### **Emergency Management Office**

### **Other important names & numbers**

## Ocean County Health Department

175 Sunset Avenue  
P.O. Box 2191  
Toms River, NJ 08754-2191  
Phone: 732-341-9700  
[www.ochd.org](http://www.ochd.org)

### Ocean County Board of Commissioners

Barbara Jo Crea  
Virginia E. Haines  
John P. Kelly  
Gary Quinn  
Joseph H. Vicari

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Senator Robert Singer, *Vice Chairperson*  
Ms. Veronica A. Laureigh, *Secretary/Treasurer*  
Ms. Jennifer Bacchione  
Dr. Avinash Gupta, M.D.  
Dr. Maurice B. Hill, Jr., D.M.D.  
Dr. Theresa Kubiel, DNP  
Mr. Henry J. Mancini  
Ms. Ruthanne Scaturro

Gary Quinn, *Commissioner Liaison to Ocean County  
Board of Health*

Barbara Jo Crea, *Commissioner Liaison to Local  
Advisory Committee of Alcoholism and Drug Abuse*  
Sheriff Michael Mastronardy

