

Use This Form To Keep A List Of Medications
You Will Need To Have On Hand In Case Of Emergency

MEDICATION	DOSE	HOW OFTEN	REFILLS LEFT

Additional Information

For more information on New York City emergency preparedness and disaster information, access the following organizations via telephone or Internet:

- New York City: Website-www.nyc.gov
- New York City Office of Emergency Management: Website-www.nyc.gov/oem
- Mayor’s office for people with disabilities:
Phone: 212-442-1000; TTY-212-442-3078; Website- www.nyc.gov/aging
- New York Fire Department: Website www.nyc.gov/fdny
- American Red Cross of Greater New York:
Phone-877-REDCROSS; Website- www.arc-gny.org
- American Red Cross: Website – www.redcross.org
- Federal Emergency Management Agency (FEMA) Phone-202-566-1600;
Website-www.fema.gov
- National Hurricane Center: Website-www.nhc.noaa.gov

What to do in an emergency

There is always a risk of an unexpected disaster and/or emergency. Are you prepared? Follow these simple guidelines to get a head start in securing your family’s health and safety.

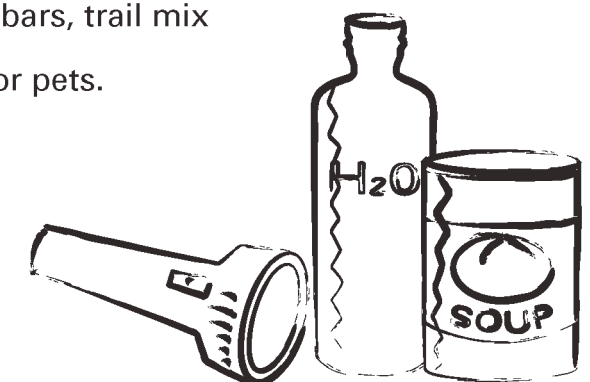
- Have extra blankets on hand.
- Be sure that each member of your household has warm coat, gloves or mittens, hat and water-resistant boots.
- Find safe places in your home where you can leave your pet during an emergency.
- Assemble your disaster supplies kit:
 - First-Aid kit and essential medications (see forms on back page)
 - Battery powered radio, flashlight and extra batteries.
 - Bottled Water (at least one gallon of water per person per day to last at least 3 days)
 - Canned food and can opener.
 - Duct tape

Food

Gathering adequate food and supplies in advance is important when preparing for a disaster. Once a disaster hits, you won’t have time to shop or search for supplies. Your family may be confined indoors, and venturing out may not be an option. Follow these guidelines to best prepare your family in an emergency.

- Store a three-day supply of non- perishable food (Foods that require no refrigeration, preparation or cooking.)

- If you don’t have a gas stove and you must heat food, pack a can of sterno and matches or lighter.
- Ready to eat canned meats, fruits and vegetables
- Canned juices, milk, soup
- Sugar, salt, Pepper
- High-energy foods like peanut butter, jelly, granola bars, trail mix
- Foods for pets.



What to do when the power goes out

First: only open the refrigerator if you have to. The more you open the door, the more cold air is let out and the possibility for food spoilage increases. An easy way to reduce the number of times you open the door is to post a list of the contents on the front of the refrigerator. Always eat perishable foods first.

Next: Frozen foods should be eaten next. Foods that have ice crystals in the center are safe to eat. Frozen foods should keep well in the freezer for about three days.

Last: Begin to use non-perishable foods and staple items.

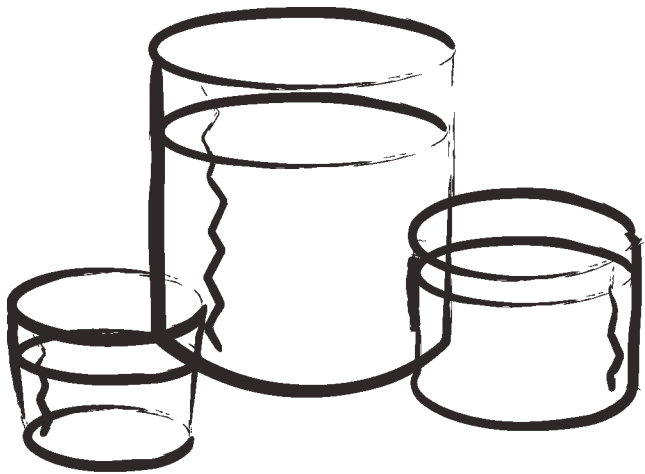
Water

Having a clean supply of water is a top priority during an emergency. The average person needs to drink at least two- quarts of water each day. Children, nursing mothers and people who are sick need more than twice that amount. Water will also be needed for food preparation and personal hygiene.

You should plan to store a two-week supply of water for each member of your family. This means storing a total of one-gallon person, per day. Here are some tips on how to store water safely and what to do if you run out.

How to store water:

- Use plastic, glass fiberglass or enamel lined metal containers
- Never use a container that has held toxic substances
- Seal water containers tightly
- Label containers and store them in a cool dark place
- Rotate water every six months.
- Ice cubes can be used as an emergency water source



Sources: FEMA and American Red Cross

Some content originally published by
NYC Human Resources Administration

Ways to purify water:

Contaminated water can contain microorganisms that cause disease and illness. If you are uncertain whether a water source is safe or not, you should purify it before use. Once water is purified you can use it for drinking, washing or cooking, as described below.

Boiling: Bring water to a boil for 3-5 minutes, keep in mind that some of the water will evaporate. Cool water to an appropriate temperature and use for drinking, cleaning or bathing.

Disinfections: Household liquid bleach can be used to kill microorganisms. Use regular household bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Add 16 drops of bleach per one gallon of water. Stir and let stand for 30 minutes. Use this water to clean dishes, surfaces or clothing.

Distillation: Fill a pot halfway with water. Tie a small cup to the handle of the pot and be sure the cup is not touching the water. Place the pot's lid upside down on the pot. Boil the water for 20 minutes. The water vapor will collect on the pot's lid and drip into the cup. This is distilled water and is free from salt and other impurities, because only small amounts of water can be distilled at a time, reserve this water for drinking.

Preparation for emergency shelter and/or evacuation

- Always have cash in lower dollar bills, in a situation where communications fail and ATM's are not working.
- Stock a Rolling Travel Bag with a few essentials so you can grab it & go. (Use a bag with wheel to make it easier for you to travel)

- Essential items should include medicine, toilet paper toothbrushes & paste, water / food, flashlight, portable radio, batteries, blanket and anything you feel is needed.
- Pets: Make sure you have the appropriate carriers & leash, plus pet food and extra water.

Creating a family disaster plan

In the event of emergency, each family member should know what to do and where to go. Creating a disaster plan is the first step to keeping your family safe and preventing danger. Follow these steps to get your plan started

- Find out which disasters are most likely to occur in your community and how you will be warned
- Discuss with your family what will happen if you are advised to evacuate.
- Pick two meeting places for family members, in the event you are separated.
 1. A location that is a safe distance from your home in case of a fire.
 2. A place outside of your neighborhood in case you can't return home.
- Find a contact person out-of -state that each family member can check-in with.

Prepare your home:

1. Post emergency telephone numbers by every phone.
 2. Show responsible family members how and when to shut off water, gas and electricity at main switches
 3. Install smoke detectors on each level of your home, especially near bedrooms. Check to make sure the batteries are working every six months and change them at least once a year.
- Make plans for childcare in case parents can't get home.

Always remember to practice and maintain your plan.

Weather Terms

These terms are used by the National Weather Service to alert the public of threatening weather conditions.

Understand these terms and know what actions should be taken to prepare and protect your family.

Wind Chill: *How cold it feels outside when the effects of temperature and wind speed are combined.*

Wind Chill Advisory: *Dangerous wind chills of 35 degrees below zero or colder.*

Freezing Rain: *Rain that freezes when it hits the ground, creating a coating of ice on roads and walkways.*

Sleet: *Rain that turns to ice pellets before reaching the ground (also called hail). Sleet can make roads extremely slippery.*

Winter Storm Watch: *Indicates that severe winter weather such as heavy snow or ice is possible within the next day or two. Prepare now!*

Winter Storm Warning: *Indicates severe winter weather conditions headed your way. Stay indoors!*

Snow Advisory: *Snowfall of three to five inches.*

Heavy Snow Warning: *Snowfall of six inches or more*

Ice Storm Warning: *Indicates Heavy accumulation of ice. This creates extremely dangerous driving conditions and damages trees and power lines*

Blizzard Warning: *Snow and strong winds will combine to produce blinding snow ("white outs") Poor visibility, deep drifts, and life threatening wind chills are expected.*

Blowing/Drifting Snow Advisory: *Poor visibility and hazardous driving conditions.*

Winter Weather Advisory: *Indicates winter weather conditions will cause significant inconveniences and may be hazardous... especially to motorists. Use caution!*

STAY TUNED FOR STORM WARNINGS!

Listen to your local radio, TV and cable stations for updates, or go online @www.weather.com