

# Flash Flood

## PREPAREDNESS



Flash floods occur within a few minutes or hours of excessive rainfall, a dam or levee failure or a sudden release of water held by an ice jam. Flash floods can roll boulders, tear out trees, destroy buildings and bridges. Flash floods can also trigger catastrophic mudslides.

Flash floods are the #1 weather related killer in the United States.

### National Weather Service . . .

Staying current with forecasts from the National Weather Service can be an important part of flood preparedness. Individuals can purchase a NOAA weather radio to directly hear the forecasts, advisories, watches and/or warnings. Some NOAA weather radios can alarm when there is a serious/dangerous weather condition. These radios are available at many stores.

The following terms may be used by the National Weather service:

**A Flash Flood or Flood Watch** means that flash flooding or flooding is possible within the designated watch area.

**A Flash Flood or Flood Warning** means that flash flooding or flooding has been reported or is imminent - take necessary steps at once.

**An Urban and Small Stream Advisory** means that flooding of small streams, streets and low-lying areas (such as railroad underpasses and urban storm drains) is occurring.

**A Flash Flood or Flood Statement** is follow-up information regarding a flash flood/flood event.

### Before a flood occurs. . .

- ✓ Find out if you live in a flood prone area. You can check with your local building department to see the flood maps for your municipality.
- ☞ If you are in a flood zone - purchase sufficient flood insurance. Flood losses are not covered under normal homeowner's insurance.
- ✓ Learn how your community would alert you if a flood was occurring or predicted.
- ✓ Pre-assemble flood-fighting supplies like plastic sheeting, lumber, sandbags.
- ✓ Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains.
- ✓ As a last resort have large corks or stoppers to plug showers, tubs or basins from water rising up through the pipes.
- ✓ Maintain a disaster supply kit at home. A kit will have (at minimum):
  - First aid supplies
  - Flashlight with extra batteries
  - Non-perishable food
  - Drinking water
  - Blanket(s) or sleeping bag(s)
  - Rain gear or a change of clothing

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### During the flood . . .

- ☞ Monitor commercial radio, television, NOAA Weather radio or your Emergency Alerting Station for information
- ☞ Be prepared to evacuate to higher ground if ordered to do so by authorities
- ☞ Adhere to any emergency orders of authorities
- ☞ Bring possessions inside the house or secure them
- ☞ Do not touch any electrical appliances that are wet or standing in water
- ☞ Avoid walking or driving through flood waters

Flood dangers do not end when the water begins to recede. Listen to a radio or television and do not return home until authorities indicate it is safe to do so.

Remember to help your neighbors who may require special assistance - infants, elderly people and people with disabilities.

### After the flood . . .

- If food or medicine has come in contact with flood waters, throw it out.
- Stay out of buildings if flood waters remain around the building

### After the flood . . .

- When entering buildings after a flood use extreme caution
  - Wear sturdy shoes and use battery-powered lanterns or flashlights when examining buildings
  - Examine walls, floors, doors and windows to make sure that the building is not in danger of collapse
  - Watch out for animals, like snakes, that may have come into your home with flood waters
  - Take pictures of the damage - both of the house and its contents for insurance claims.
- Look for fire hazards
  - Broken or leaking gas lines
  - Flooded electrical circuits
  - Submerged furnaces or electrical appliances
  - Flammable or explosive materials coming from upstream
  - **Report potential emergencies to authorities.**
- It's best to have a professional pump out a basement - to avoid further structural damage. FEMA recommends pumping out about one-third of the water per day.

Bergen County Office of Emergency Management  
201-634-3100 or [www.bcoem.org](http://www.bcoem.org)





# NOAA

NATIONAL OCEANIC AND  
ATMOSPHERIC ADMINISTRATION  
UNITED STATES DEPARTMENT OF COMMERCE

## NOAA hurricane outlook indicates an above-normal Atlantic season

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May 19, 2011

The Atlantic basin is expected to see an above-normal hurricane season this year, according to the seasonal outlook issued by NOAA's Climate Prediction Center – a division of the National Weather Service.

Across the entire Atlantic Basin for the six-month season, which begins June 1, NOAA is predicting the following ranges this year:

- 12 to 18 named storms (winds of 39 mph or higher), of which:
- 6 to 10 could become hurricanes (winds of 74 mph or higher), including:
- 3 to 6 major hurricanes (Category 3, 4 or 5; winds of 111 mph or higher)

Each of these ranges has a 70 percent likelihood, and indicate that activity will exceed the seasonal average of 11 named storms, six hurricanes and two major hurricanes.

"The United States was fortunate last year. Winds steered most of the season's tropical storms and all hurricanes away from our coastlines," said Jane Lubchenco, Ph.D., under secretary of commerce for oceans and atmosphere and NOAA administrator. "However we can't count on luck to get us through this season. We need to be prepared, especially with this above-normal outlook."

Climate factors considered for this outlook are:

- The continuing high activity era. Since 1995, the tropical multi-decadal signal has brought ocean and atmospheric conditions conducive for development in sync, leading to more active Atlantic hurricane seasons.
- Warm Atlantic Ocean water. Sea surface temperatures where storms often develop and move across the Atlantic are up to two degrees Fahrenheit warmer-than-average.
- La Niña, which continues to weaken in the equatorial Pacific Ocean, is expected to dissipate later this month or in June, but its impacts such as reduced wind shear are expected to continue into the hurricane season.

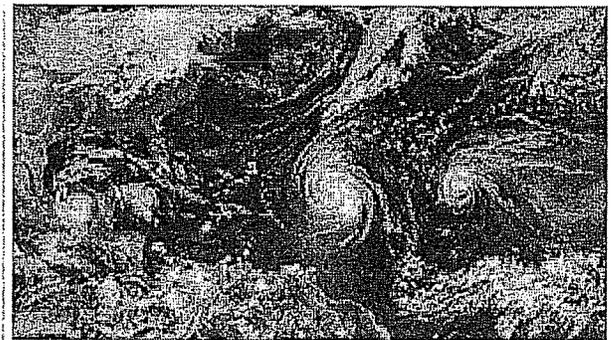
"In addition to multiple climate factors, seasonal climate models also indicate an above-normal season is likely, and even suggest we could see activity comparable to some of the active seasons since 1995," said Gerry Bell, Ph.D., lead seasonal hurricane forecaster at NOAA's Climate Prediction Center.

NOAA's seasonal hurricane outlook does not predict where and when any of these storms may hit. Landfall is dictated by weather patterns in place at the time the storm approaches. For each storm, NOAA's National Hurricane Center forecasts how these weather patterns affect the storm track, intensity and landfall potential.

"The tornadoes that devastated the South and the large amount of flooding we've seen this spring should serve as a reminder that disasters can happen anytime and anywhere. As we move into this hurricane season it's important to remember that FEMA is just part of an emergency management team that includes the entire federal family, state, local and tribal governments, the private sector and most importantly the public," said FEMA Administrator Craig Fugate.

"Now is the time, if you haven't already, to get your plan together for what you and your family would do if disaster strikes. Visit ready.gov to learn more. And if you're a small business owner, visit www.ready.gov/business to ensure that your business is prepared for a disaster," added Fugate.

Hurricane impacts are not limited to the coastline; strong winds and flooding rainfall often pose a threat across inland areas along with the risk for tornadoes.



Hurricanes Karl, Igor and Julia (from left to right on Sept. 16) were part of the onslaught of Atlantic storms last hurricane season (2010).

[Download here.](#) (Credit: NOAA)

# Hurricanes

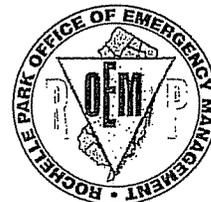
- ❖ A hurricane is a type of tropical cyclone which forms over a tropical ocean. Although the official hurricane season runs from June 1 through November 30, they can occur at any time.
- ❖ The word "Hurricane" is derived from colonial Spanish and Caribbean words meaning evil spirits and big winds. Hurricanes are considered the most powerful force on earth.
- ❖ Coastal flooding caused by storm surge is the greatest threat to life and property. A storm surge is a large dome of water often 50 to 100 miles wide that sweeps across the coastline where the hurricane makes landfall. The surge of water topped by waves is devastating.
- ❖ Hurricane-force winds, 74 mph or more can destroy buildings and down power lines near the coast and well inland.
- ❖ Hurricanes bring heavy rains which can cause significant river and inland flooding.
- ❖ Hurricanes can also produce tornadoes, which can add to destructive power.
- ❖ Hurricanes are classified on the Saffir-Simpson Scale categories 1-5.

<u>Category</u>	<u>Wind Speed</u>
1	74-95 mph
2	96-110 mph
3	111-130 mph
4	131-155 mph
5	>155 mph

# Preparedness

## When a hurricane is approaching:

- ✓ Listen to a battery operated radio or television for the latest storm information.
- ✓ Secure outdoor objects such as lawn furniture that can blow away and cause damage or injury.
- ✓ Shutter or board all windows and secure double door entrances.
- ✓ Keep your vehicle's gas tank filled.
- ✓ Prepare a hurricane evacuation kit to include:
  - First aid kit
  - Bottled water
  - Two (2) weeks supply of medicine
  - Blankets or sleeping bags
  - Extra clothing
  - Pet ID, carrier, food & medication
  - Personal items (toys & snacks)
  - Important documents (valid ID, Insurance information & money)
- ✓ If ordered to evacuate -- obey immediately. Turn off gas, water, and electricity and unplug small appliances.
- ✓ Inform family or friends outside of the warning area of your evacuation plans.
- ✓ Remember to help neighbors who may require special assistance (infants, senior citizens, and people with disabilities)



## During a hurricane:

- ❖ If outside, attempt to get into a building
- ❖ Do not drive through flood waters
- ❖ If staying in your home
  - Turn refrigerator to maximum cold and open only when necessary
  - Turn off utilities if told to do so by authorities
  - Fill bathtub and large containers with water for sanitary purposes
  - Stay away from windows and doors even if they are covered
  - Go to interior first floor room
  - Avoid using candles and other open flames
- ❖ Be alert for the "EYE" of the storm. The eye is a period of calm during the storm. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings and other objects damaged by the first winds can be broken or destroyed by the second winds.

**PLEASE BE ADVISED THAT THE REVERSE 9-1-1 SYSTEM (C-3) & THE TOWNSHIPS WEBSITE ARE OPERATIONAL FOR EMERGENCY NOTIFICATIONS & UPDATES.**  
<http://www.rochelleparknj.gov>

*This information is provided by the Rochelle Park Office of Emergency Management 201-587-7734 in cooperation with the Bergen County Office of Emergency Management 201-785-5757*



## After a hurricane:

- ❖ Use 9-1-1 to report emergencies only (injuries, loose power lines etc.)
- ❖ Keep listening to a radio or television for the latest updates.
- ❖ Wait until an area is declared safe before entering.
- ❖ Roads may be closed for your protection. Do not drive or walk into flooded areas. Find an alternate route.
- ❖ Check gas, water and electrical lines and appliances for damage.
- ❖ Do not drink or prepare food with tap water until you are certain it is not contaminated.
- ❖ Be aware of insects, rodents and animals driven to higher ground by flood waters.
- ❖ Assess your home's damage. Take pictures if possible.
- ❖ Open windows and doors to ventilate and dry your home if necessary.

**What is the difference between a hurricane watch and warning?**

- A hurricane **watch** is issued by the National Weather Service when hurricane conditions are possible in the specified watch area usually within 36 hours.
- A hurricane **warning** is issued when hurricane conditions are expected in the specified warning area usually within 24 hours.

**IN CASE OF EMERGENCY PLEASE CALL 9-1-1**

# Sheltering In-Place

## PREPAREDNESS



Evacuation is not always the safest option in the event of a hazardous material or other type of emergency. Your home or workplace can be a safe haven from an emergency. Up-front preparations will help:

- △ "Sheltering In-Place" or "Protecting In-Place" means staying inside your home or other building until emergency officials give an "all-clear" signal. Sheltering In-place can be your safest option in some emergencies.
- △ Sheltering In-Place is most commonly used for hazardous material emergencies but can also be used during some storms and some police emergencies where evacuation and exposure to the outside can be life-threatening.
- △ Sheltering In-Place preparations complement your other family emergency preparedness efforts.

### Sheltering In-Place supplies

- ✓ Battery-powered radio, flashlight, extra batteries, battery powered or cellular phone (if no phone in room)
- ✓ Snack foods, water or drinks, pet foods
- ✓ Plastic sheeting for windows, doors, air vents or other opening. You may want to pre-cut and label them
- ✓ Rolls of duct tape for the plastic sheeting
- ✓ Towel for under the door
- ✓ First Aid Kit

### Prepare your home before . . .

- ☞ Choose a room for a "safe-room": Ideally, the room has few windows, large enough to hold the number of people you wish and has access to water. A bedroom with an adjoining bath is a great place.
- ☞ Prepare window coverings: Windows should be sealed to prevent hazards from entering. Measure windows and skylights - cut plastic (adding 6" to the borders) to be placed over the windows. Label the sheets for each window. For a serious wind condition think about something heavier to guard against broken glass entering the room (wood, heavy cardboard, even a mattress).
- ☞ Prepare vent and door coverings: Like the windows, measure each air vent, door and any other opening leading outside the room. Cut, label and store plastic sheeting.
- ☞ Assemble shelter in-place supplies: Your supplies should be stored in the pre-designated room. An under-the-bed box may work well or use a container that fits on a closet shelf or in a cabinet.

### Potential Sheltering In-Place Emergencies

- Hazardous material release (or fire)
- Severe wind storm (or thunderstorm)
- Terrorist incident

**ALWAYS** follow the directions of appropriate emergency officials

## Sheltering In-Place Procedures . . .

- Stay inside the enclosed building or your "safe room". If possible bring pets inside.
- Close and lock all windows and doors to the outside. Close drapes or shades over all windows. Push wet towels under the doors to help seal against outside air if appropriate.
- Turn off all heating/air conditioning systems, and switch inlets or vents to the "closed" position. Extinguish fireplace fires and close dampers.
- In the shelter room - use tape and pre-cut/labeled plastic sheeting to seal around doors, windows, heating vents, skylights, or any opening which could let air in.
- Seal bathroom exhaust fans or grills, range vents, dryer vents, and other openings (in shelter room only).
- If there is no phone in your designated shelter room, bring along a battery-operated or cellular phone.
- Listen to the Emergency Alert System radio messages and follow the instructions. Other local stations may carry the instructions.
- Do not go outside or attempt to drive unless specifically told to do so. Evacuation procedures may vary by area of danger.
- Once the emergency has passed, ventilate your entire house.

## Sheltering In-Place DON'TS . . .

- ✗ Don't: call the school to try to pick up your children. They will be safer sheltering in-place at the school than they would be riding in your vehicle. *(Also: The school may be outside hazard area - depending upon the emergency)*
- ✗ Don't: Leave your shelter until the "all clear" signal is sounded.
- ✗ Don't: Risk your safety for pets. If they can't be found within a minute or two, you'll have to shelter in-place without them.
- ✗ Don't: Call 9-1-1 for a Non-Emergency.
- ✗ Don't: Wait until the disaster strikes to prepare . . . **It's never too early!**

### Potential emergency public information sources:

- ☞ Emergency service door-to-door or vehicle public address system notification or other outdoor warning device.
- ☞ Telephone alerting networks
- ☞ Radio & television news
- ☞ Emergency Alert System (EAS)

### EAS stations in Bergen County:

WFME 94.7 FM	WWDJ 970 AM
WFDU 89.1 FM	WABC 770 AM
WRPR 90.3 FM	WPAT 103.1 FM
WCBS 880 AM	(Spanish)

Bergen County Office of Emergency Management  
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# Animal Emergency

## PREPAREDNESS



The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan should include your pets.

### BEFORE A DISASTER

Ask friends, relatives, or others outside your area whether they could shelter your animals. If you have more than one pet, they may be more comfortable together; but be prepared to house them separately.

Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with other disaster information and supplies.

Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Include 24-hour phone numbers.

Include pet supplies as part of your family preparedness kit.

*Red Cross shelters cannot accept pets because of health and safety regulations. The only exceptions to this policy are service animals who assist people with disabilities.*

### CREATE A DISASTER SUPPLY KIT FOR YOUR PET

In the event of an emergency you may have to leave your home quickly. Your pet relies upon you to take care of him or her. Assemble this kit now.

- ✓ Medications & medical records in a waterproof container
- ✓ Sturdy leashes and/or carriers
- ✓ A 3 day supply of food and potable water with bowls
- ✓ A picture of your pet(s) in case they get lost
- ✓ Information on feeding times, medical and/or behavioral issues
- ✓ Litter and litter box for cats
- ✓ Pet beds & toys, if easily transportable
- ✎ Make sure all dogs and cats are wearing collars that are securely fastened and have ID tags containing up-to-date information. Attach to the collar or tag the phone number of a friend or relative outside the area in case you must leave your home and become separated from your pet in an emergency.

## DURING A DISASTER . . .

Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away. **NEVER LEAVE A PET OUTSIDE OR TIED UP DURING A STORM!**

If you have no alternative but to leave your pet at home, there are some precautions you must take; but remember that leaving your pet at home alone can place your animal in danger. Confine your pet to a safe area inside. Place a notice outside in a visible area advising there are pets in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

### BIRDS

Transport in a secure travel cage or carrier.

In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside.

During warm weather, carry a plant mister to mist the bird's feathers periodically.

Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content.

Have leg bands and a photo for ID.

Try to keep the carrier in a quiet area.

Do not let the birds out of the cage or carrier.

### REPTILES

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site.

If your snakes require frequent feedings, carry food with you.

Take a water bowl large enough for soaking as well as a heating pad.

When transporting house lizards, follow the same directions as for birds.

### SMALL MAMMALS

Hamsters, gerbils etc. . . should be transported in secure carriers suitable for maintaining the animals while sheltered.

Take bedding materials, food, bowls and water bottles.

## AFTER A DISASTER

In the first few days after a disaster, leash your pets when they go outside. Always maintain close contact. Familiar scents and landmarks may be altered and your pet may become confused and lost.

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.



# Thunderstorms & Lightning

## PREPAREDNESS



Thunderstorms can bring heavy rains, flash flooding, tornadoes, strong winds, lightning, and hail

- Flash floods/floods are the number one killer associated with thunderstorms with nearly 140 fatalities a year
- Although thunderstorms in this area are less likely to spawn tornadoes than elsewhere in the United States, most wind damage is from "straight-line" rather than tornadic winds. "Downbursts", a type of straight-line wind, can cause damage equivalent to a strong tornado.
- Lightning occurs with all thunderstorms. Its electrical charge and intense heat can electrocute on contact, cause electrical failures, split trees, and ignite structure and brush fires.
- Hail associated with thunderstorms can be smaller than peas or as large as softballs and can be very destructive.
- While some thunderstorms can be seen approaching, others hit without warning. It is important to learn to recognize the danger signs and plan ahead.
- When thunderstorms are forecast or skies darken, look and listen for:
  - Dark, towering or threatening clouds
  - Increasing wind
  - Flashes of lightning
  - The sound of thunder

When a thunderstorm is approaching . . .

### At Home:

- ☞ Secure outdoor objects such as lawn furniture that can blow away and cause damage or injury.
- ☞ Bring lightweight objects inside.
- ☞ Listen to a battery-operated radio or television for the latest storm information.
- ☞ Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.
- ☞ Pets are particularly vulnerable to hail and should be brought inside.

### If Outdoors:

- ☞ Attempt to get into a building or car.
- ☞ If no structure is available, get to an open space and squat low to the ground as quickly as possible. The less contact you have with the ground, the better.
- ☞ Be aware of potential for flooding in low-lying areas.
- ☞ Avoid tall objects such as towers, tall trees, fences, telephone lines and power lines.
- ☞ Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles and camping equipment.

### What is a severe thunderstorm?

- ➔ A thunderstorm is considered severe if it produces hail at least  $\frac{3}{4}$ " in diameter, winds of 59 mph or higher or tornadoes.

### What is the difference between a watch and a warning?

- ➔ A severe thunderstorm watch is issued by the National Weather Service when the weather conditions are such that a severe thunderstorm is likely to develop.
- ➔ A severe thunderstorm warning is issued when a severe thunderstorm has been sighted or indicated by weather radar. At this point, the danger is very serious and everyone should go to a safe place, turn on a battery-operated radio or television, and wait for further information.

## LIGHTNING

Lightning is a major threat during a thunderstorm. In the United States, between 75 and 100 people are hit and killed by lightning each year.

*Myth:* Lightning never strikes the same place twice

*Fact:* Lightning can strike the same place twice and may strike it multiple times during the same discharge.

*Myth:* If it is not raining, then there is no danger from lightning.

*Fact:* Lightning has been detected as far as ten miles from the edge of a thunderstorm cell, and at locations with blue skies overhead

### First aid recommendations for lightning victims:

Most lightning victims can actually survive an encounter with lightning, especially with timely medical treatment. *A person who has been struck by lightning does not carry an electrical charge that can shock other people.*

### If a person is struck by lightning:

- ☞ Call 9-1-1 to provide the location and information about the incident including the number of people injured.
- ☞ Look for burns where the lightning entered and exited the body
- ☞ If the strike cause the victim's heart and breathing to stop, give cardiopulmonary resuscitation (CPR) until medical professionals arrive and take over.

### If your house is struck by lightning:

- ☞ Check all around the interior and exterior to make sure that it did not start a fire
- ☞ If you smell or see smoke, call 9-1-1.
- ☞ All appliances and electrical devices that were plugged in when the lightning struck the house should be checked for damage before being used. Indications of possible damage include scorched outlets, scorch marks on the device, melted cords and broken light bulbs.

Remember to help neighbors who may require special assistance (infants, senior citizens, and people with disabilities).

If you are driving after a thunderstorm, be vigilant for downed branches and power lines or other debris lying in the road. Do not touch or drive over downed lines.



# Electrical Outages & Home Safety

## PREPAREDNESS



### IF THE POWER GOES OUT:

- Check your fuse or breaker box for blown fuses or tripped circuits. If they are okay, see if neighbors are without power.
- Call your utility immediately. You may be asked for information, or hear a message if the situation has already been reported. 9-1-1 is for reporting emergencies ONLY.
- Turn off all electrical equipment to prevent overloading the system when power is restored.
- Turn on a porch light and one inside light so you and utility crews will know when service is restored.
- Listen to the radio (battery-powered) for updates on major electrical outages.
- If your neighbors' power comes back on, but yours does not, call your utility company again.

### Important Information when Reporting a Power Outage

- Name, address and cross street
- Time of outage
- Are lights out, flickering or dim?
- Are the neighbors' lights out?
- Have any wires fallen to the ground?
- Tree limbs on lines?
- Utility pole number?

### EMERGENCY LIGHTING:

**Flashlights:** Each person should have their own flashlight. Store extra bulbs and batteries.

**Light-sticks:** Self-contained chemical lights that are activated by bending. Work well as night-lights for children.

**Candles:** Can be dangerous

### DOWNED UTILITY LINES

If you see any wire lying on the ground (or dangling in the air) don't touch it with anything - stay back. Call your utility company immediately. Keep kids and pets away.

NEVER touch a downed wire. Electricity can travel through your body causing serious injury or death. If you see a downed line take these precautions:

Expect every wire/line to be "live". The line does not have to spark or sizzle to carry electricity. Cable, phone and alarm lines may be ELECTRIFIED. Do not touch.

If a power line is touching someone stay away - you cannot help. If you touch the person, you could become a victim too.

Call 9-1-1 for emergency help.

If a utility line falls across your vehicle, don't get out! Wait for emergency help to arrive.

Never touch metal (like fences or guard rails) that have a wire laying on it. It may be electrified.

**Emergency Kit  
Check list**

- ✓ Flashlights or chemical light-sticks
- ✓ Battery-powered radio
- ✓ Paper plates/ plastic utensils
- ✓ Manual can opener
- ✓ Bottled drinking water
- ✓ First aid kit
- ✓ Extra batteries
- ✓ Battery or wind-up alarm clock

**STAYING WARM:**

Outages can occur at any time of year, but during cold weather the temperature inside your home can drop rapidly. Tips for staying warm:

**Save Body Heat** - Wear a hat, even while sleeping. Wear loose layers of clothing to trap body heat. Use blankets.

**Lock in Home Heat** - Pick one room (on a sunny side of the house) and close it off to keep the heat in.

**Who to call to report a power outage in  
Bergen County:**

PSE & G ..... 800-436-7734  
Rockland Electric ..... 877-434-4100

~~~~~  
Remember: Utility crews may have to remove limbs, replace parts, close circuit breakers. The more serious the problem, the longer it will take to restore customer service

Bergen County Office of Emergency Management  
201-634-3100 or [www.bcoem.org](http://www.bcoem.org)

**HOUSEHOLD TIPS:**

Your Freezer will keep food frozen during an outage for about two days if it's full; one day if it's less than half-full. Don't open the door.

**Protect your pipes:** If the power is out and the weather is freezing, keep a steady drip of cold water on an inside faucet and wrap pipes to prevent damage.

**Automatic Garage Door Openers** won't work if the power is out. Check to see if you have a manual override.

**Home Computers:** Install a surge protector (not just a power strip) to protect your computer from power surges.

**Charcoal or propane grills:** NEVER use a cooking device designed for outdoors inside the home. They produce carbon monoxide which can be deadly.

**Cordless phones** won't work if the power is out. Have a backup phone that does not need electricity to work.

**Generators:** Never connect a home generator to a wall outlet. If used incorrectly, portable or auxiliary generators used for backup power at home can ruin your electrical system and start a fire. They can also feed electricity back into the utility system. This is very dangerous for crews repairing lines.

Home generators should be installed by a licensed electrical contractor. Generators installed in accordance with electrical safety codes, require an electrical permit and an electrical inspection.

Improperly installed or improperly used generators pose a serious - sometimes fatal - risk to homeowners and utility workers.



# Family Member Locator Plan

## PREPAREDNESS



Advance preparations can help you check on your family more quickly during an emergency. If a disaster strikes without warning during your normal, busy, day how would you locate them?

Do something now to prepare:

- ☞ Make a list of the most logical places to look for each family member: work, school, friends etc. . .
- ☞ Consider all times of the day.
- ☞ Don't forget mobile phone and pager numbers.
- ☞ Add a few friends, co-workers or neighbors just in case.
- ☞ Collect the phone numbers and organize them in a way that makes sense to you.
- ☞ Adapt the chart on the reverse of this flyer to help you organize your family's contact numbers.

### Out-of-State Contact

- Add an out-of-state contact (family or friend) as your contact if local telephone lines are down.
- Instruct all family members to call the out-of-state number and check in if they can't get through on a local telephone line.

Your list is made, now what . . .

- ☞ Make plenty of copies.
- ☞ Share copies with family members both in and outside your household.
- ☞ Keep a copy everywhere you may need it: home (near the phone), in your car, at work etc. . .
- ☞ Share the information with babysitters or other visitors to your home who may need to know.
- ☞ Discuss your plan with your family. Make sure they understand it and how to use it.
- ☞ Update the numbers when appropriate.
  - Check the numbers at least bi-annually, when you change your clocks for instance.

### Establish Physical Meeting Places

Telephones are not the only way to ensure loved ones safety. Pick and discuss two places your family can meet in the event of an emergency:

- ✓ One place outside your home to meet in the event there is a fire in the home
- ✓ One place outside your neighborhood to meet in case you can not return to your home (in the event of an emergency).

|                                                        |                                                            |                                                           |
|--------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|
| <b>Name</b>                                            |                                                            |                                                           |
| <b>Parents</b><br>Name:<br>Address:<br>Phone:          | <b>Home</b><br>Address:<br>Phone:                          | <b>Spouse's Work Place</b><br>Name:<br>Address:<br>Phone: |
| <b>Spouse's Parents</b><br>Name:<br>Address:<br>Phone: | <b>Neighbor #1</b><br>Name:<br>Address:<br>Phone:          | <b>Child #1</b><br>Name:<br>School/work:<br>Phone:        |
| <b>Sibling #1</b><br>Name:<br>Address:<br>Phone:       | <b>Neighbor #2</b><br>Name:<br>Address:<br>Phone:          | <b>Child #2</b><br>Name:<br>School/work:<br>Phone:        |
| <b>Sibling #2</b><br>Name:<br>Address:<br>Phone:       | <b>Neighbor #3</b><br>Name:<br>Address:<br>Phone:          | <b>Child #3</b><br>Name:<br>School/work:<br>Phone:        |
| <b>Spouse's Sibling</b><br>Name:<br>Address:<br>Phone: | <b>Out of State Contact</b><br>Name:<br>Address:<br>Phone: | <b>Child #4</b><br>Name:<br>School/work:<br>Phone:        |



# Family Disaster Kit

## PREPAREDNESS



Disasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond. Some disasters may call for you and your family to evacuate (hurricanes, hazardous materials spills, fires). Other disasters could mean that you and your family may be confined at home.

Preparing a Family Disaster Kit can help your family endure an evacuation or home confinement.

### When Disaster Strikes

- Authorities and relief workers will respond but cannot reach everyone immediately
- You could get help in hours or it may take days
- Would your family be prepared to cope with the emergency until help arrives?

### Prepare Your Kit:

- ☞ Gather the supplies that are listed. You may need them if your family is confined at home or during an evacuation.
- ☞ Place the items you'd most likely need for an evacuation in an easy-to-carry container.
- ☞ There are basic items you should stock for your home: water, food, first aid supplies, clothing, bedding, tools & emergency supplies, special items (prescription & non-prescription medications, sanitary items, important documents).

### Water

- ✓ Store water in plastic containers. Avoid using milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water daily. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- ✓ Store one (1) gallon of water per person per day. Keep at least a three day supply per person (for drinking, food preparation and sanitation)

### Food:

- ✓ Store at least a three day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food pack a can of sterno.
- ✓ Pack the following foods which can also be taken with you during an evacuation:
  - Ready-to-eat canned meat, fruits, vegetables, and staples (salt, sugar, pepper, spices, etc.) Don't forget a non-electric can opener.
  - Canned juices, high energy foods, vitamins, baby formula & bottles, and powdered milk.

### Prescription Medications:

- ✓ Store in waterproof container, keep prescription records (check shelf life) accessible and current. Bring a medicine dropper and cooler (if needed for RX).
- ✓ Dentures, contact lenses, and eyewear.

### First Aid Kit:

A well stocked first aid kit should include the following items:

- ✓ Sterile adhesive bandages in assorted sizes, 2" & 4" sterile gauze pads, 2" & 3" sterile roller bandages, triangular bandages, assorted safety pins.
- ✓ Latex gloves, sunscreen, scissors, tweezers, needle, moistened towelettes, antiseptic, thermometer, tongue blades, and tube of petroleum jelly or other lubricant.

### Non-Prescription Drugs:

- ✓ Aspirin or non-aspirin pain reliever.
- ✓ Anti-diarrhea medication, antacid, laxative.
- ✓ Syrup of Ipecac (use to induce vomiting) and Activated charcoal. (Only use if advised by the Poison Control Center 1-800-POISON-1)

### Tools and Supplies:

- ✓ Plastic storage containers, mess kits, paper plates, cups, plastic utensils, plastic storage containers.
- ✓ Shut off wrench, to turn off household gas and water.
- ✓ Battery operated radio and flashlight with extra batteries.
- ✓ Cash or traveler's checks, change.

- ✓ Utility knife, non-electric can opener, pliers, tape, compass, needles, thread, signal flare, plastic sheeting or tent (for shelter).

- ✓ Paper, pencil, whistle, map of the area.

### Sanitation:

- ✓ Toilet paper, baby diapers, soap, liquid detergent, personal hygiene items, disinfectant, household chlorine bleach.
- ✓ Plastic bucket with tight lid and plastic garbage bags, ties (for personal sanitation uses)

### Special Items:

- ✓ Games and books for children
- ✓ Important family documents (keep in waterproof container)
  - Birth, marriage and death certificates, driver's license, passport, insurance policies, social security card, health records, bank and credit card account numbers, safety deposit box keys
  - Inventory of valuable household goods
  - Important telephone numbers

Remember to store your kit in a convenient place known to all family members. Keep a smaller version on the Disaster Preparedness Kit in the trunk of your car. Change stored water & food every six months.

Bergen County Office of Emergency Management  
201-634-3100 or [www.bcoem.org](http://www.bcoem.org)

