



TOWNSHIP OF SOUTH HACKENSACK
227 PHILLIPS AVE
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201-440-1815 ext. 165
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EMERGENCY ACTION PLAN TIPS

Plan Ahead



More than a collection of names, phone numbers, and street addresses, an Emergency Action Plan is an instruction manual for how to stay healthy, stay informed, and stay in contact in an emergency. Because an Emergency Action Plan affects everyone in your household, the whole household should be involved in making and practicing the plan.

According to FEMA, over 60 percent of people do not have an emergency plan that they have discussed with their household. Here are 5 simple things you can do to start your Emergency Action Plan:

Find phone numbers for your physician, pediatrician, pharmacist, and veterinarian. Other important numbers you should know include:

Poison Control Center: 800-222-1222

Animal Poison Control Helpline: 888-426-4435

Disaster Distress Helpline: 800-985-5990 or text TalkWithUs to 66746



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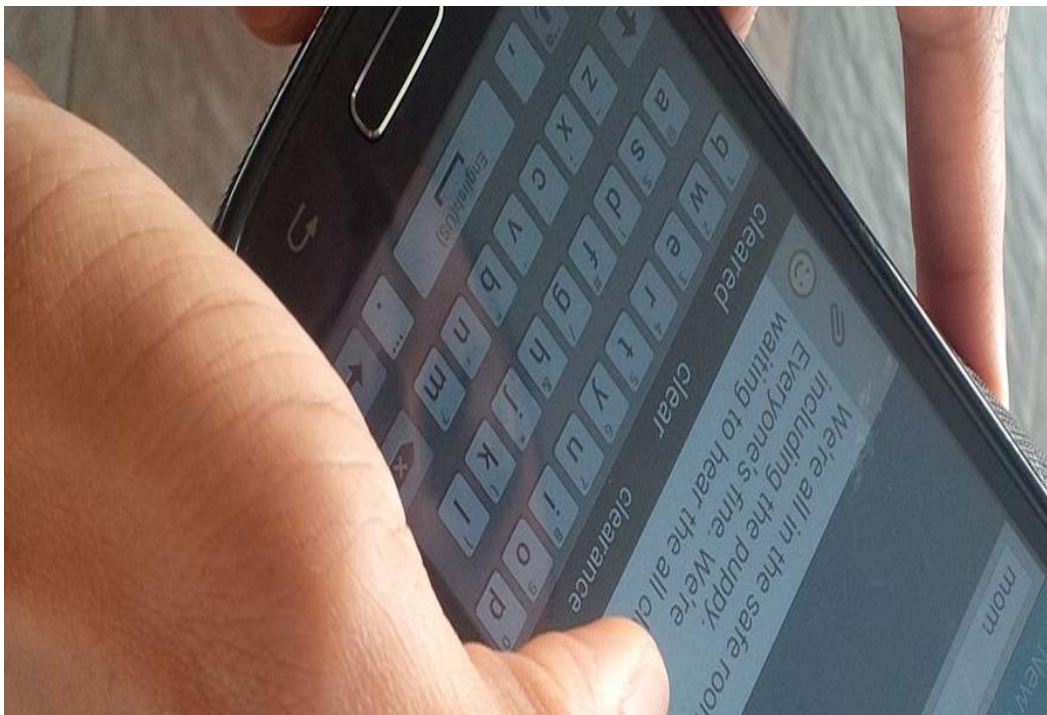
Ask a friend or relative who lives outside of the immediate area—preferably in another state—to be your family’s Out-of-Town Contact.

Identify a shelter-in-place location inside your home, two (2) emergency meeting places outside your home where your family can reunite in an emergency, and at least two (2) ways out of every room in your home.

Ask your child’s school or daycare about their emergency communication and family reunification plans.

Update your Emergency Action Plan whenever your family moves, your child changes schools, you change jobs, have a child, or experience some other significant life event.

Stay In Contact



Send text messages to your family, friends, and out-of-town contact. In many cases, text messages will go through when a phone call may not.

Update your social media statuses and feeds with information about your location and well-being after an emergency.



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Limit your phone calls to only critical communications so you conserve battery life and keep the lines open for emergency communications.

Record an outgoing voicemail greeting that includes information on your whereabouts and well-being.

Go to the appropriate emergency meeting place listed in your Emergency Action Plan. Conserve your battery by reducing the screen's brightness and closing apps you are not using.

Microchip your pets with up-to-date contact information for you and an emergency contact. Microchips are, in general, inexpensive and can improve your odds of being reunited if separated in an emergency.

Check in on the American Red Cross Safe & Well website

Stay Informed



Know where to go for timely, consistent and reliable Crisis and Emergency Risk Communication (CERC) during an emergency.



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Sign up with your state and/or local emergency management office to receive emergency alerts and notifications.

Monitor local news coverage for emergency information, including evacuation orders, boil water advisories, and air quality reports. Beware of rumors, especially on social media. Always check your sources and turn to reliable sources of information like your local government.

Turn on Wireless Emergency Alerts notifications on your smartphone.

Listen to state and local public health departments for vaccination and personal protection recommendations after an emergency.

Do NOT hesitate when given an evacuate order by state and local officials.

Listen for and follow water advisories from local authorities. Use ONLY bottled, boiled, or treated water to prepare food, wash your hands, clean feeding bottles, mix baby formula, or reconstitute a prescription drug.

Know the location of the nearest fire extinguisher, AED, shelter-in-place location, and emergency exit wherever you are at work.

Pet owners: Pre-identify shelters, a pet-friendly hotel, or an out-of-town friend or relative where you can take your pets in an evacuation. Local animal shelters may be able to offer advice on what to do with your pets if you are asked to evacuate your home.

Friend and follow local and state public health departments and emergency management offices on social media.

Know the difference between a severe weather watch and a warning and what to do in response to each.

Talk through an age and developmentally appropriate version of your Emergency Action Plan, including two ways out of each room in house fire, with your children.

Sign up to receive Health Alert Network (HAN) email updates about urgent public health incidents.

Know your flood risk and contact your local emergency management office to learn whether landslides or debris flows have occurred in your area.

Keep a weather radio at home and in the office and tuned to your local National Weather Radio station for weather alerts and information 24 hours a day.



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Stay Healthy

Use generators safely—outside, in a dry area, and at least 20 feet from any window, door, or vent to prevent carbon monoxide (CO) poisoning.

Wash your hands to prevent the spread of disease after a flood. Hand sanitizers are not effective when hands are visibly dirty, and do not eliminate all types of germs.

Make an asthma management plan that identifies your known asthma triggers, describes your daily treatment (such as what kind of medicines to take and when to take them), and explains when to call the doctor or go to the emergency room.

Check that smoke and carbon monoxide (CO) detectors are working and placed throughout the house. Portable generators produce CO, which is odorless, colorless, tasteless, and can cause illness and death. Learn practical skills, like how to use generators safely in a power outage.

Create custom go-kits out of rolling luggage, a backpack, a duffle bag, or a pillowcases for every member of your household to prepare for an evacuation.

Put appliance thermometers in your freezer and fridge to help you determine if the food is safe after a power outage.

Keep wounds clean and covered with a waterproof bandage around floodwater to reduce the chance of infection. Floodwater can spread bacteria such as tetanus and *Vibrio vulnificus* and diseases like leptospirosis.

Do NOT share prescription drugs. Doctors prescribe and dose medications with a person's particular illness, drug interactions, and medical history in mind.

Use bottled water to reconstitute prescription drugs if clean tap water is unavailable.

Unopened commercially bottled water is the safest and most reliable source of water in an emergency.

If a life depends on the refrigerated drug, but the medications have been at room temperature, use them only until a new supply is available. Replace all refrigerated drugs as soon as possible.

Take health-related personal items such as prescription medications and medical supplies with you in an evacuation. Do NOT assume an evacuation shelter can provide for your unique health needs.

Double-check the setting on your medical device(s) after a power outage. An outage can cause medical devices to reset to their default or factory settings.

Dialysis patients: Follow a 3-Day Emergency Diet to limit the buildup of water, protein wastes, and potassium if you are on dialysis but cannot get treatments.



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Identify emergency departments, urgent cares, dialysis centers, hemophilia treatment centers, veterinarians, etc. near your home and emergency meeting places, and along your designated evacuation route.

Register with your local government if you may need evacuation assistance in an emergency because of a lack of transportation, or a medical or mobility issue.

Contact your water and power companies to get on a “priority reconnection service” list of power-dependent customers if you rely on electrical medical equipment.

People with disabilities: Conduct a self-assessment. Know what you can and cannot do. Talk with your health care provider about a realistic plan.

People who use durable medical equipment: Show people in your support network, including family and friends, how to operate and maintain your medical devices.

Americans with Disabilities

More than 56 million Americans—19 percent of the population—live with some form of disability. Of those who self-report a disability, half say they have trouble walking and climbing stairs. Either issue could make it difficult to evacuate in an emergency. People with mobility disabilities can take the following steps to prepare for an emergency evacuation:

Form a personal support network of family, friends, neighbors, and co-workers who can help you create communication and transportation plans in case of an evacuation

Assess your evacuation needs and capabilities. Pre-identify two escape routes out of every room and two evacuation routes from home and work.

Contact your local fire department and emergency management office to self-identify as someone who needs transportation assistance in an evacuation.

People with Functional Needs can register at:

www.registerready.nj.gov or 2-1-1

www.ready.gov

Notify your local emergency management office



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POWER OUTAGES:



According to the U.S. Energy Information Administration, the average U.S. electricity customer was without power for 250 minutes and experienced 1.3 outage in 2016. A power outage can disrupt medical services, close pharmacies, and create a life-threatening predicament for the over 2.5 million people who rely on electric-powered medical equipment. Prepare for a prolonged blackout with an emergency power plan and back up and alternative power sources for your cellphone, refrigerator, and medical equipment. If on life saving equipment or need medications refrigerated notify your power company.

- A flashlight or head lamp
- Extra batteries in standard sizes, such as AA and AAA
- Hearing aid batteries
- Car charger(s) and adapters for electric-dependent equipment and devices
- Jump starter and/or jumper cables
- A battery-powered or hand-crank NOAA weather radio with USB port(s)
- A generator



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Battery-powered smoke alarms and carbon monoxide (CO) detectors

Appliance thermometers for your refrigerator and freezer

A surge protector power strip(s)

Pack flashlights or a battery-powered lantern for emergency lighting. Candles pose a fire hazard.

Create an Emergency Power Planning Checklist for your medical devices, including breathing machines, power wheelchairs and scooters, nebulizers, and oxygen or home dialysis equipment.

Read the user manual or contact the manufacturer to find out if your medical device is compatible with batteries or a generator.

Contact your local fire department, and power and water companies if you use electric-powered medical equipment. Some utility companies keep a “priority reconnection service” list of power-dependent customers.

If possible, buy manual alternatives for your electric devices that are portable, dependable, and durable. For example, a manual wheelchair, walker or cane as a backup for an electric scooter.

Fully charge your electronic devices, medical equipment, and back-up power sources if you know a disaster is coming.

Place plastic bags filled with water in the freezer to keep foods cold in a power outage.

Drink the water when the ice melts.