

Your Best Protection is Preparation

This Guide offers information about actions to take in preparing for and handling many kinds of emergencies or disasters.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace) or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPAREDNESS PLAN**.

The Sussex County Department of Environmental and Public Health Services can help you prepare and plan for many emergencies. For information about creating your own Emergency Preparedness Plan and gathering your Emergency Supply Kit, contact the Public Health Emergency Preparedness Team at 973-579-0370 option #2 or visit their website at <http://www.sussex.nj.us/health>. In the mean time, it makes good sense to put together some emergency supplies for your home, workplace and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio. 
- Flashlights with fresh batteries. Batteries should be stored separately. 
- A first aid kit, including emergency medications.
- A cell phone (*make sure it's charged*).
- Stored water in sealed unbreakable containers – 1 gallon for each person for each day up to one week. Water should be replaced every six months. 
- A water purification kit in the event you can't boil water if a "Boil Water Order" is issued by health and safety officials.
- A one week supply of food that doesn't need refrigeration, a manual can opener and eating utensils. 
- Trash bags, duct tape, sheets of plastic and disposable gloves. 
- Fire extinguishers.
- Add a shovel, booster cables, fix-a-flat and flares for your car.

When Your Child is at School



Every school has an emergency plan that includes evacuation destinations. Contact your child's school for details.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers to reach family or friends.

Shelter in Place:

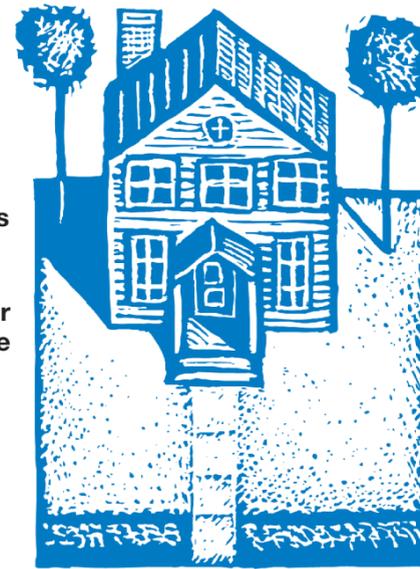
Protecting Yourself at Home or Work

In the event of a radiological, chemical or biological emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**.

The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

- 1 Stay calm.
- 2 Bring children and pets indoors immediately.
- 3 Close and lock all windows and outside doors.
- 4 Turn off all fans, heating/air conditioning systems, close exterior doors and windows.
- 5 If you have a fireplace, close the damper.
- 6 Gather your disaster supplies and battery powered radio.
- 7 Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8 Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents and windows.
- 9 Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



Evacuation: Prepare a "Grab and Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you'll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It's a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.



Important PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

The following are numbers for disaster and emergency related help and information.

- Sussex County Help Line (referral service) 2-1-1
- Sussex County Department of Environmental and Public Health Services 973-579-0370
- Psychiatric Emergency Service Crisis Hotline 973-383-0973
- NJ Mental Health Cares (info line) 1-866-202-HELP (4357)
- American Red Cross 800-733-2767
- New Jersey Poison Control 1-877-222-1222

Your Own Important Numbers

Local phone numbers for emergency help are on the first page or in the first section of your local phone book. Look there and write down your important numbers here:



FIRE: _____ Hospital: _____
 POLICE: _____ School: _____
 Doctor: _____ Power Outage: _____



Where to Find Emergency Medical Care

Newton Medical Center, Atlantic Health System
 175 High Street
 Newton, NJ 07860
 973-383-2121
www.nmhnj.org

Saint Clare's Hospital, Sussex
 20 Walnut Street
 Sussex, NJ 07461
 973-702-2600
www.saintclares.org

Call 9-1-1 in the event of a serious, life-threatening emergency.

In the event of a WINTER STORM and POWER OUTAGE

Winter storms can cause loss of heat, power and telephone service. Know and understand your local weather forecast. Take action if a Winter Storm or Blizzard WARNING has been announced.

Preparation:

- * Know the location of your fuse box or circuit breakers.
- * Know how to reset a circuit or change a fuse.
- * Know how to manually override your garage door opener.
- * Know the number for the local power utility company.
- * Be sure that you have your **EMERGENCY SUPPLIES** kit and filled prescriptions.

Response:

- * Do not call 911 to ask about the power outage. Listen to local radio stations on your battery operated radio for updates and instructions. You can also call your local utility company.
- * Conserve fuel by closing off heat to some rooms. Dress in layers and wear a hat. Make sure there is good ventilation for space heaters and other safe heating sources.
- * **DO NOT** try to heat your house with your stove or oven and **DO NOT** use a barbecue indoors.

Be ready if you are driving:

- * Keep extra blankets, clothing, a flashlight and emergency food and water in your car. If you are stranded, turn on your hazard lights and **STAY IN YOUR VEHICLE**. Run the engine and heater sparingly. Keep a window slightly open to allow fresh air in. Move your arms and legs to circulate blood flow.

IS IT A COLD OR FLU?

SYMPTOM	COLD	FLU
Fever	Rare	Usual: high (100 F - 102 F)
Headache	Rare	Common
General Aches/Pains	Slight	Usual, often severe
Fatigue, Weakness	Sometimes	Usual, often severe
Extreme Exhaustion	Never	Usual, at beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild-Moderate Hacking Cough	Common, can be severe

PREVENTION

Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking plenty of fluids. Remember to get your seasonal flu shot.

Important Medical Disclaimer

The information contained in this publication is not intended to replace the expert care and advice of a qualified physician. Please contact your personal physician regarding any medical problems.

Seasonal Influenza vs Pandemic Influenza

Key differences between seasonal and pandemic flu.

SEASONAL FLU

- ◆ A respiratory illness that can be spread from person to person and is caused by human influenza viruses.
- ◆ Follows a predictable pattern, typically every winter. Most people have some immunity and a vaccine is available each year.
- ◆ Regular flu symptoms: fever, cough, runny nose and muscle pain.
- ◆ Healthy adults are not usually at risk for any serious complications.
- ◆ The medical community can usually meet public and patient needs.
- ◆ Average number of deaths in the US is about 36,000 each year.
- ◆ Vaccines are developed before the flu season based on known virus strains.
- ◆ Supplies of antiviral drugs are usually available.
- ◆ Small impact on the community with sick people staying home from work and school.
- ◆ Small impact on US economy and world economy.

PANDEMIC FLU

- ◆ A global outbreak that occurs when a new influenza virus appears in humans that can cause serious illness and spread easily from person to person.
- ◆ The most recent pandemic to occur in the 21st century was the 2009 H1N1 Pandemic Influenza. It was first detected in April 2009 and was officially declared a pandemic by the World Health Organization in June 2009.
- ◆ Symptoms would be more serious and there would be more medical complications.
- ◆ Healthy people may be at risk for serious complications.
- ◆ The medical community will be overwhelmed.
- ◆ The number of deaths would be much higher, possibly millions worldwide.
- ◆ Vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.
- ◆ May not have any effective antiviral drugs or the supply may be limited.
- ◆ Big impact on the community. There could be travel restrictions, school closings, limited business hours or closings and canceling of public gatherings.
- ◆ Big impact on US economy and world economy.

LEARN MORE

Go to <http://www.state.nj.us/health> NJ Department of Health for Ready Together NJ

Go to <http://www.cdc.gov> for general information about influenza and other health related topics

Go to <http://www.pandemicflu.gov> for pandemic flu information

Go to <http://www.redcross.org> for emergency preparedness information

Go to <http://www.who.int/ith/en> for health related travel information from the World Health Organization

LIMIT THE SPREAD OF DISEASE

- Wash hands frequently with soap and water for at least 30 seconds
- Cover coughs and sneezes with tissues-dispose of tissues and then wash hands
- Cough or sneeze into your sleeve
- If you are sick, stay home and away from others as much as possible
- Don't send sick children to school
- Avoid close contact with people who are sick
- Use 60% alcohol hand sanitizer

Rehydration Solution for Adults & Teens

*4 cups of clean water *2 tablespoons of sugar
* ½ teaspoon of salt

Mix all ingredients until the sugar/salt disappears. You can drink the solution at room temperature. Please Note: Do not boil the solution because that will reduce the solution's helpfulness.

In the event of a Biological Emergency



Some bacteria or viruses can make people seriously ill or cause death. During Biological emergencies Local, State and Federal Public Health Officials will arrange for the distribution of life-saving medications to areas at risk of exposure. Your protection and treatment will depend on the type of organism, such as influenza or anthrax and whether you have been directly exposed.

In the event of a Chemical Emergency



A chemical emergency occurs when a hazardous chemical has been released and the release has the potential for harming peoples' health. Chemical releases can be caused by an industrial accident or through the intentional release of a harmful substance. **SHELTER IN PLACE** or **EVACUATION** orders may be issued for your protection. Local authorities will give these orders only when necessary.

In the event of a Radiological Emergency



A nuclear blast or an accident in a nuclear power plant can cause the spread of radiation. A terrorist attack with a "dirty bomb" can also spread radiation into the air. A "dirty bomb" is a mixture of explosives, such as dynamite, with radioactive powder or pellets.

SELF-DECONTAMINATION: If you have been in contact with a chemical agent or radiation, remove your clothes as quickly as possible. Put the clothes in a plastic bag and seal. Take a shower and wash with plenty of soap and lukewarm water. **Do not dispose of the plastic bag yourself.** Call your local emergency authorities for directions on how to dispose of your clothes.

How to Get Information in an Emergency

Local television and radio stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System (EAS) may be activated. Specific emergency instructions will be broadcast by your local television stations as well as the following AM and FM radio stations:

RADIO

- WNNJ/103.7 FM
- WNTI/91.9 FM
- 1360 AM
- WNJP/88.5 FM
- WSUS/102.3 FM

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected to **Shelter In Place**. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

HELPFUL WEB SITES

- Sussex County Department of Environmental and Public Health Services <http://www.sussex.nj.us/health>
- NJ Department of Health <http://www.state.nj.us/health>
- NJ Office of Emergency Management <http://www.state.nj.us/njoem>
- Centers for Disease Control & Prevention <http://www.cdc.gov>
- FEMA Federal Emergency Management Agency..... <http://www.fema.gov>
- Prepare.Plan.Stay Informed <http://www.ready.gov>



PETS AND DISASTER: BE PREPARED



Pets are part of your family.

It is important to make plans for them before an emergency.

- ◆ Include pet supplies in your Emergency Kit such as medical records, medications, leash and carrier, current photo in case they get lost, food, additional potable water, cat litter/pan and manual can opener.
- ◆ Pets may feel stressed during an emergency, causing them to panic, hide or bite. Keep dogs leashed and cats in carries to help them stay safe.
- ◆ If you must evacuate, be prepared to evacuate your pet too!
- ◆ **NOTE ABOUT PETS AND SHELTERING:** H.R.3858 - Pets Evacuation and Transportation Standards Act of 2006 ensures that state and local emergency preparedness operational plans address the needs of individuals with household pets and service animals following a major disaster or emergency. Arrangements for your pets will be made upon arrival to the shelter by the Sussex County County Animal Response Team (CART) Coordinator.
- ◆ Have written information on feeding schedules, medical conditions and name/phone number of your veterinarian in case you need to board your pets.
- ◆ Make sure all pets have secure collars with up-to-date identification.

Emergency Preparedness

The Pocket Guide to

Your safety. That's why public health is working.

We're working around the clock to protect your health and safety. Our work includes health promotion, disease prevention and ensuring a coordinated, timely and effective response to any public health emergency.

To learn more, visit us at www.sussex.nj.us/health or call 973-579-0370.



Sussex County Department of Environmental and Public Health Services

This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made disasters. Helpful web sites and phone numbers are also included. Please read your guide carefully and keep it close at hand.