

**EMERGENCY PREPAREDNESS  
FOR  
SENIORS**

**WHAT WE CAN DO TO  
SAVE OUR LIVES**

**COUNTY OF SUSSEX  
DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
DIVISION OF SENIOR SERVICES**



**SUSSEX COUNTY DIVISION OF SENIOR SERVICES  
One Spring Street, 1<sup>st</sup> Floor  
Newton, NJ 07860  
973-579-0555**

**Available on our website at: [www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices)**

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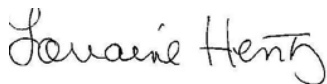
## INTRODUCTION

This is a plan for seniors to have in place in case of an emergency. Much of it is common sense, but it is always good to be **prepared**. Feel free to share this information with family and friends. Everyone should have a list of telephone numbers available to use in an emergency, i.e. medical doctor, next of kin, etc. Remember, in case of an actual emergency, Dial 911.

As always the Division of Senior Services is here to help you. We are only a phone call away at 973-579-0555. Our office hours are Monday to Friday, from 8:30 am to 4:30 pm.

For additional information contact the New Jersey Homeland Security web site at <http://www.njhomelandsecurity.gov>

Sincerely,



Lorraine Hentz,  
Director  
Sussex County Division of Senior Services



## **Prepare Now For A Sudden Emergency**

Learn how to protect yourself and cope with disaster by **planning ahead**.

Even if you have physical limitations, you can still protect yourself.

### **Disaster can strike quickly and without warning!**

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

### **Take responsibility – Save your life!**

Keep in touch with you neighbors and look out for each other.

## **Knowing What To Do Is Your Best Protection And Your Responsibility.**

### **TAKE RESPONSIBILITY**

#### **How You May Be Notified Of A Possible Emergency**



NOAA weather radio.

These special radios provide the earliest warning with an alarm that will alert you in case of anticipated bad weather. To learn more, call your local Office of Emergency Preparedness.



Commercial radio and television stations. Know your designated Emergency Alert System Stations (EAS).

**My EAS Radio Station is:** \_\_\_\_\_

**My EAS Television Station is:** \_\_\_\_\_

- Door to door warning from local emergency officials.  
**Strictly follow their instructions!**
- Be aware of anyone in your neighborhood who may need special help. If available, take advantage of advance registration systems in your area for those who need help.

**Plan Ahead!!!!**

If disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine. Remember to review your plan regularly.

Use the following checklist to get started:

For your safety and comfort, you need to have emergency supplies packed and ready in one place before disaster hits.

**You should assemble enough supplies to last for at least three days.**

- ◆ Assemble the supplies you would need in an evacuation, both medical and general supplies.
- ◆ Store them in an easy-to-carry container such as a back pack or duffel bag.
- ◆ Be sure your bag has an ID tag.
- ◆ Label any equipment, such as wheelchairs, canes or walkers that you would need.



⇒ Other items you want to include:

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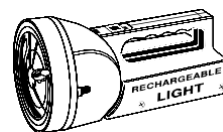
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It may not be necessary to evacuate but you may be ordered to stay in your home. If this happens, you will need **in addition** to the above items:

- ⇒ Water supply – one gallon per day per person. Remember, plan for at least 3 days. Store water in sealed, unbreakable containers that you are able to handle. Identify the storage date and replace every six months.
- ⇒ Non-perishable food supply – including any special foods you require. Choose foods that are easy to store and carry, nutritious and ready-to-eat, rotate regularly.
- ⇒ Manual can-opener you are able to use.
- ⇒ Non-perishable food for any pets.

### **General Emergency Supplies**

- ⇒ Battery powered radio and flashlight with extra batteries for each.
- ⇒ Change of clothing, rain gear and sturdy shoes.
- ⇒ Blanket or sleeping bag.
- ⇒ Extra set of keys.
- ⇒ Cash and credit cards.
- ⇒ Personal hygiene supplies.
- ⇒ Phone numbers of local and non-local relatives or friends.
- ⇒ Insurance agent's name, phone number and policy information.



## For Your Medical Needs

- ⇒ First-aid kit.
- ⇒ Prescription medicines, list of medications including dosage, list of allergies.
- ⇒ Extra eyeglasses and hearing aid batteries.
- ⇒ Extra wheelchair batteries, oxygen.
- ⇒ List of the style and serial numbers of medical devices such as pacemakers, CPAPA machines, etc.
- ⇒ Medical insurance and Medicare cards.
- ⇒ List of doctors and relative or friend who should be notified if you are injured.
- ⇒ Any other items you may need:



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## Shelter In Place

In a chemical emergency you may be told to shelter in place.

**This means staying where you are and making yourself as safe as possible until the emergency passes or you are told to evacuate.**

In this situation it is safer to remain indoors than to go outside where the air is unsafe to breathe.



### **If You Are Told To Shelter In Place**

- ⇒ Close all windows in your home.
- ⇒ Turn off all fans, heating and air conditioning systems.
- ⇒ Close the fireplace damper.
- ⇒ Go to an above ground room (not the basement) with the fewest windows and doors.
- ⇒ Take your Disaster Supplies with you.
- ⇒ If you are told there is danger of explosion, close the window shades, blinds or curtains. To avoid injury, stay away from the windows.
- ⇒ Stay in the room and listen to your radio until you are told all is safe, or you are told to evacuate.

### **Going To A Shelter May Be Necessary**

#### **Emergency shelters may be opened if:**

- A disaster affects a large number of people.
- The emergency is expected to last several days.

#### **Be prepared to go to a shelter if:**

- Your area is without electrical power.
- There is a chemical emergency affecting your area.
- Flood water is rising.
- Your home has been severely damaged.
- Police or other local officials tell you to evacuate.

#### **Services provided at an Emergency Shelter:**

- Food.



- Temporary shelter.
- Basic First Aid.

**To learn about Emergency shelters serving your area:**

- Listen to your battery powered radio.
- Check with your local Red Cross Chapter, or Emergency Management official in your area.

**All American Red Cross emergency services are provided free of charge.  
If You Need To Evacuate**

- Coordinates with your home care provider for evacuation procedures.
- Try to car pool if possible.
- If you must have assistance for special transportation call the American Red Cross, or your local Emergency Management officials.
- Wear appropriate clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use the travel routes specified or special assistance provided by local officials. Don't take any short cuts, they may be unsafe.
- Notify shelter authorities of any need you may have. They will do their best to accommodate you and make you comfortable.

**If you are sure you have enough time....**

- Shut off water, gas, and electricity *if* instructed to do so and *if* you know how. Gas must be turned back on by a professional.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals other than working animals may not be allowed in public shelters.

**One emergency we could all face at any time is a home fire. A home fire could be a special challenge for one with physical limitations. However, there are some things we can do to improve our safety:**

### **Before A Fire**

- ⇒ Plan two escape routes out of each room. If you cannot use stairways, make special arrangements for help in advance. Never use elevators.
- ⇒ Sleep with the bedroom door closed. This gives you extra minutes of protection from toxic fumes and fire.
- ⇒ Test your smoke detector battery regularly, and as a reminder, change batteries on the same day each year. Vacuum it occasionally to remove dust.

### **In Case Of Fire**

- ⇒ Remain calm.
- ⇒ Drop to the floor and crawl. Most fire fatalities are due to breathing toxic fumes and smoke. The cleanest air is near the floor. Breathing toxic fumes and smoke is more dangerous than the risk of injury in getting to the floor quickly.
- ⇒ Feel any door before you open it. If it is hot, find another way out.
- ⇒ If your smoke detector goes off, never waste time to get dressed or collect valuables or pets. Get out of the house immediately.
- ⇒ Do not try to fight the fire! Call for help when outside, or from a neighbor's phone.
- ⇒ Never go back into a burning building for any reason.
- ⇒ If your clothes catch on fire, drop to the floor and roll to suffocate the

fire. Keep rolling (running from the fire only “fans” the flames and makes it worse).

⇒ If you are in a wheelchair, or can not get out of your house, stay by the window near the floor. If you are able, signal the need for help.

## **Disaster Preparedness And Safety Tips For Grandchildren**

It is estimated that 3.4 million children live in a household headed by grandparents. And, many children visit their grandparents often. The following safety advise for children can help grandparents prepare a safe environment at home for children:

- Store matches and lighters up high, away from children.
- Move cleaning chemicals like cleansers, soap, drain cleaner and other poisons to high cupboards OR install a child-proof lock if you must keep these items in low cabinets.
- Store prescription medicines and over-the-counter drugs like aspirin, cough medicines and stomachache remedies in a cabinet out of reach of children.
- If children are playing outside or in a pool when skies grow dark, or you hear thunder, ask them to come indoors right away.
- Install plastic covers over all exposed electrical outlets.

### **Children can help grandparents, too:**

- Have children test each smoke detector in your home to make sure it is working by using a broom handle to push the test button. See that the battery is changed in each detector that doesn't work.
- Ask children to draw a floor plan of your home and show two ways out of every room in case of fire.

### **SUMMARY AND REMINDERS**

- Take responsibility by planning now.
- Listen for information on radio and TV about hazardous weather and other events and heed the advise of local officials. Leave right away if instructed to do so.

- In some communities, people who need help, or transportation during an evacuation are asked to register that need with their local government. Call your local emergency management office for information and suggestions about what to do during an evacuation.
- Those with special needs are encouraged to register with [www.registerready.nj.gov](http://www.registerready.nj.gov). This registry is free and designed to help emergency responders locate and safely evacuate people who could find it difficult to help themselves in the event of a major disaster. Advanced planning and preparedness is important for people with special needs, which includes anyone who may find it difficult to self-evacuate because of a physical or cognitive limitation, language barrier, or lack of transportation-particularly of family, friends or caregivers are unavailable to help during a crisis.
- Gather essential supplies, and be sure to keep a copy of your eyeglass prescription, list of medications and their dosage, and other important papers to take with you if you have to leave your home.

### **Do Not Forget Your Pets**

- Buy a supply of extra pet food and have a portable cage to transport your pet.
- Prepare food supplies for other pets i.e. fish, birds, etc.

**NUMBERS TO CALL IN SUSSEX COUNTY**

<b>Sussex County Chapter of the Red Cross</b>	<b>973-579-1600</b>
<b>Police, Fire Emergency</b>	<b>911</b>
<b>Sussex County Division of Emergency Management</b>	<b>973-579-0380</b>
<b>Newton Medical Center</b>	<b>973-383-2121</b>
<b>Bon Secours Community Hospital</b>	<b>845-858-7000</b>
<b>Sussex County Division of Health</b>	<b>973-579-0370</b>
<b>Sussex County Division of Senior Services</b>	<b>973-579-0555</b>