

# NJ Office of Emergency Management



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## Get a Kit, Make a Plan, Stay Informed, & Get Involved!

**West Trenton, NJ-** On Monday September 1, 2008, National Preparedness Month kicks-off throughout the country. "During this month-long awareness campaign, we are asking our residents to prepare for unexpected emergencies by getting a kit, making a plan, and staying informed. In addition to our traditional emergency tips, we encourage all New Jersey residents to get involved and make a difference through volunteerism. Emergency management volunteer groups such as the Community Emergency Response Team (CERT) are made up of everyday citizens throughout the Garden State," said Fuentes.

CERT members give critical support to first responders in emergencies, provide immediate assistance to victims, organize spontaneous volunteers at a disaster site, and collect disaster intelligence to support first responder efforts. Those who join CERT receive extensive training in ranging from basic first aid to search and rescue techniques.

Additionally, there are several things that New Jersey residents can do to prepare for the unforeseen as well as reduce stress and confusion during an actual emergency. The basics of preparedness for virtually all hazards are the same. Following the appropriate steps and being ready "**now**" means that residents will be ready for any disaster or crisis that may affect New Jersey.

"Planning and preparation are the key steps to safety. By taking time to create an appropriate emergency plan for yourself, your family or place of business, you are readying your environment for any potential emergency," added Fuentes.

The following are some quick tips for emergency preparedness:

### **"GET A KIT" of Emergency Supplies**

#### **ITEMS FOR YOUR HOME**

- Three days' supply of canned, non-perishable, ready-to-eat **FOOD**
- Three days' supply of **WATER** (a total of **three gallons per family member**)
- **Battery-operated RADIO** and extra batteries

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- **FLASHLIGHT** and extra batteries
- One week's **prescription MEDICATIONS**
- **FIRST AID KIT**
- Personal **TOILETRIES**
- Non-electric **CAN OPENER** and **UTENSILS**
- **SPECIAL NEEDS** items:
  - INFANT care items
  - Items for ELDERLY family members
  - Items for relatives with DISABILITIES
- **CASH** or **TRAVELERS CHECKS**
- Store important **DOCUMENTS** in a waterproof, safe location

### **IN CASE YOU NEED TO EVACUATE**

- Keep a half-gallon of **GAS** at all times
- Every family member must carry **CONTACT INFORMATION:**
  - All phone numbers at work, school, etc. for every family member
  - The name and number of a relative who lives out-of-state, to call in case your family gets separated.

### **"MAKE A PLAN" for Yourself, Your Family or Your Business**

- Meet with the members of your household or office
- Talk about the types of disasters that are most likely to happen in your area
- Take time to explain the dangers of emergency incidents to children
- Discuss why everyone needs to prepare for a disaster
- Address any special needs concerns in the event of an emergency
- Build an emergency contact phone list
- Make provisions for pets
- Remember to establish and share emergency incident responsibilities
- Emphasize that teamwork and staying calm are key

**For more information regarding emergency preparedness log on to:**  
<http://www.ready.nj.gov/plan/kit-plan.html> .

**For more information regarding the CERT program log on to:**  
[http://www.state.nj.us/njoem/emb\\_cert.html](http://www.state.nj.us/njoem/emb_cert.html) or call 609-963-6900 ext. 6964

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