

COLUMBIA COUNTY DEPARTMENT OF HEALTH
BE READY FOR EMERGENCIES: MAKE A PLAN, MAKE A KIT, BE INFORMED
THE “THREE STEPS” FLYER

Make a Plan

→ Communication

- ❖ Choose an **out-of-town contact** that your family can call to check in with. Make sure this person agrees to be your “check-in person.” All family members should know that person’s name & phone number.
- ❖ Memorize important phone numbers.
- ❖ Remember: sometimes text messaging will work when phone calls do not.

→ Meeting Place

- ❖ **Pick a familiar place** near your home where your family can meet. Also pick a place **outside your neighborhood** or town in case you can’t get back to your neighborhood.
- ❖ Practice taking different routes to get to these places.

→ Tips

- ❖ Make sure everyone in your family knows where you keep your emergency kit and your first aid kit.
- ❖ Know the plans at work and at your child’s school or daycare.
- ❖ Make a plan for your pets – many shelters cannot accept pets.
- ❖ It’s helpful to have an emergency kit at home, in your car, and at work. Bring your emergency kit with you if you evacuate.

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Make an Emergency Kit

Basic Items to Pack:

- Bottled water: 1 gal per person per day, for at least 3 days...more if possible!
- Non-perishable food, for at least 3 days
- Can opener for food
- Flashlights & extra batteries
- Radio: hand-crank or battery-powered
- Warm blanket
- First aid kit with basic medicines
- Hand sanitizer, paper towels, & garbage bags for personal sanitation
- Whistle to call for help
- Wrench or pliers to turn off utilities
- Local maps
- Matches (in a Ziploc bag)
- Cell phone charger for home & car
- Extra prescription medications

Documents & information to include:

- Family medical records
- Prescription medication #s
- Emergency phone numbers
- Credit card information
- Birth certificates
- Insurance documents

Ways to store your kit:

Plastic bin, suitcase, duffel bag, trash can

If you have small children:

- Infant formula/food for children
- Diapers & wipes
- Toys & books

Your kit could also have these supplies:

- Extra Cash
- Photos of family members, pets
- Warm clothing, boots, rain gear
- Toiletries: soap, toothbrush, toothpaste, sunscreen, toilet paper, extra eyeglasses
- Dish detergent
- Scissors
- Compass
- Dust mask
- Books & games

Remember your pets:

- Food & water for at least 3 days
- Record of shots, any medications
- Food & water dishes, leash, toys

Be Informed

When an emergency occurs, listen to news sources for information and instructions. It's important to stay informed about what's going on.

Here are some resources...

- ❖ Television (local news stations)
- ❖ Radio
 - **AM:** WCKL 560; WROW 590; WGY 810; WIZR 930; WOFX 980; 1230
 - **FM:** WFLY 92.3; Cruisin' 93.5; WYJB 95.5; WTRY 98.3; 98.5 The Cat; WRVE 99.5; WZMR 104.9; WPYX 106.5; WGNA 107.7, and more
- ❖ Columbia County Emergency Management Office (EMO)...(518) 828-1212
 - Or:
<http://www.facebook.com/columbiacountyemergencymanagementoffice>
- ❖ *NY Alert* texts for emergency messages (<http://www.nyalert.gov/>)
- ❖ American Red Cross of Northeastern NY, Albany...(518) 458-8111 or www.redcrossneny.org
- ❖ Call 211 or (518) 694-8900 (United Way)
- ❖ NOAA Weather Station...Call Signs WXL34, WXL37, or www.nws.noaa.gov/nwr/streamaudio.htm

*Brought to you by the Columbia County Department of Health, Hudson, NY. 2011.
Call (518) 828-3358 for more information.*