

PREPARING FOR AN EMERGENCY

The Schenectady County Legislature wants to help all residents be prepared for emergencies. Below are hints for preparing emergency kits, maintaining contact numbers, and creating readiness plans.

A new County service, the Schenectady County Voluntary Evacuation Registry, will help ensure our seniors and most vulnerable residents are assisted during an emergency evacuation. More details, including a registration form, can be found below.

We hope all County residents find this brochure useful and that residents with special needs utilize the new Voluntary Evacuation Registry. As always, www.SchenectadyCounty.com is your link for information on this and other County programs.

Supplies for Home

Stock supplies to last you for at least two weeks. Replace perishable supplies every six months. Ask your doctor about storing prescription medications. Home supplies should include:

- Water:** Have bottled water, or store tap water in clean, airtight plastic containers. Plan for one gallon of water per person (and pet) per day. Store water in a cool, dark place.
- Food:** Store foods that you eat regularly. Canned or packaged dry foods requiring no refrigeration, preparation or cooking are best. Include vitamin, mineral, and protein supplements and foods for infants and people on special diets. Have plastic utensils, paper plates, cups, and a manual can opener.



- First Aid:** Include prescription medications, sterile adhesive bandages, gauze roll bandages, gauze pads, scissors, tweezers, towelettes, safety pins, aspirin, and other pain medication.

- Tools and Supplies:** Include cash, battery-powered radio, flashlight, extra batteries, utility knife, rope, duct tape, matches, ABC fire extinguisher, paper, pencil, toilet paper, soap, feminine supplies, plastic garbage bags, landline phone.



Preparing for an Emergency: Pack a "Go-Bag"

Create a "go-bag" to be used during an emergency evacuation. Store it in a convenient place in an easy-to-carry container like a duffel bag. Include:

- Copies of important papers (insurance cards, photo IDs, proof of address, etc.)
- Checkbook, credit cards, ATM cards, cash, extra set of car and house keys
- Bottled water and nonperishable food such as energy or granola bars
- Flashlight, battery-operated AM/FM radio and extra batteries
- Comfortable shoes, two changes of clothes, and lightweight raingear
- First aid kit including a two-week supply of medication



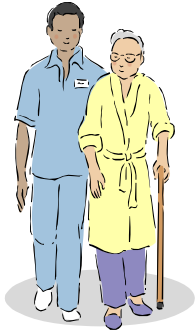
Develop a Family Readiness Plan

- Have an escape plan with two emergency meeting places: one nearby your home for a sudden emergency, such as a fire, and one outside your neighborhood.
- Make an emergency communications plan. Choose an out-of-town person as your contact point for family members to call if you are separated. Make sure everyone has this contact information.
- Create a list of emergency phone numbers. Include your employer, school, doctor, pharmacies, and other family members. Keep this list near your phone or on the refrigerator.

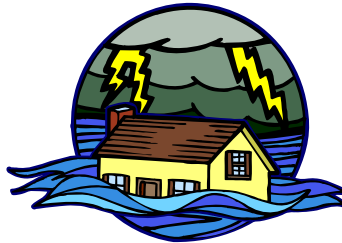


Extra Precautions for Seniors

Older adults should make special preparations for emergencies. Ask family and neighbors to check on you during an emergency and share your emergency information with people you trust. Also:



- Have your “go-bag” emergency kit ready to take with you
- Make a list of medications that you use and include this in your “go-bag”
- Label any equipment, such as wheelchairs, canes or walkers you would need
- List the style and serial numbers of medical devices such as pacemakers
- Create a contact list of your neighbors’ information
- Make a list of the 24-hour emergency telephone numbers for your pharmacy and your doctor
- Keep a list of emergency phone numbers and medical information in your wallet or purse



For Special Needs Residents: The Schenectady County Voluntary Evacuation Registry

The Schenectady County Legislature is pleased to introduce the Schenectady County Voluntary Evacuation Registry. This free service will help provide emergency first responders with critical information about the location and requirements of our special needs populations in the event of an evacuation. We strongly encourage all special needs residents to join this new, voluntary registry.

A registration form is on the following page. By completing this form and returning it to the Schenectady County Emergency Management Office, special needs residents will identify themselves and their needs, thus helping emergency responders provide the quickest assistance in an evacuation situation. For more information please call 370-3113.

Mail your completed Schenectady County Voluntary Evacuation Registration form to:

Schenectady County Emergency Management Office
Voluntary Evacuation Registry
531 Liberty Street
Schenectady, NY 12305