

National Preparedness Month

September is National Preparedness Month. Disasters Don't Plan Ahead. You Can.

Sign up for NIXLE to get up-to-date information on local emergency notifications. <https://local.nixle.com>

In the event of any type of emergency, individuals and families should always be prepared to sustain themselves for 72 hours.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

Water - one gallon of water per person per day for at least three days, for drinking and sanitation

Food - at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

Flashlight

First aid kit

Extra batteries

Whistle to signal for help

Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Manual can opener for food

Local maps

Cell phone with chargers and a backup battery

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

Medications

Infant formula, bottles, diapers, wipes, diaper rash cream

Pet food and extra water for your pet

Cash or traveler's checks

Copies of important family documents: insurance policies, identification and bank account

Sleeping bag or warm blanket for each person

Matches in a waterproof container

Helpful WEB Info

<http://www.ready.nj.gov/>

<https://www.ready.gov>

<https://www.fema.gov/individual-and-community-preparedness-division>

<https://www.dhs.gov/>