

# CONNECT WITH NJOEM



FOR INFORMATION ON PREPAREDNESS, HOW TO PLAN FOR EMERGENCIES AT HOME, IN SCHOOL OR AT WORK, & VOLUNTEER OPPORTUNITIES, PLEASE VISIT:

**[WWW.READY.NJ.GOV](http://WWW.READY.NJ.GOV)**

## STAY INFORMED

### NJ ALERT

NJ Alert is a free, voluntary and confidential emergency alerting system that allows NJ Office of Emergency Management officials to send E-mail or text messages to cell phones, and other email enabled devices during an emergency event. Sign up for NJ Alert by logging on to:

**[www.njalert.gov](http://www.njalert.gov)**



### NIXLE

Subscribe to the NJ State Police on Nixle Connect:

<http://local.nixle.com/new-jersey-state-police/>  
New Jersey residents can register to receive messages by sending a text message with their zip code to 888777 (data rates may apply depending on your plan). Online registration is also available at

**[www.nixle.com](http://www.nixle.com)**

### On the Web

Use credible websites to get information about natural hazards and emergency preparedness. The NJOEM works closely with the National Weather Service and the National Hurricane Center regarding storm predictions and forecasts.

National Weather Service Philadelphia/  
Mt. Holly **[www.weather.gov/phi](http://www.weather.gov/phi)**

National Weather Service NYC (for NE NJ  
Counties) **[www.weather.gov/nyc](http://www.weather.gov/nyc)**

National Hurricane Center  
**<http://www.nhc.noaa.gov/>**

### SOCIAL MEDIA

Social media and other advanced communications technologies are used by emergency managers statewide.

NJOEM on Facebook:  
**[www.facebook.com/READYNEWJERSEY](http://www.facebook.com/READYNEWJERSEY)**

NJOEM on Twitter:  
**[www.twitter.com/READYNJ](http://www.twitter.com/READYNJ)**

NJ State Police on Facebook:  
**[www.facebook.com/NewJerseyStatePolice](http://www.facebook.com/NewJerseyStatePolice)**

NJ State Police on Twitter:  
**[www.twitter.com/NJSP](http://www.twitter.com/NJSP)**



# BE READY

## Prepare Your Disaster Supplies Kit

There are **6** basics you should have in your home in case of any emergency: **WATER, FOOD, a FIRST AID KIT, CLOTHING & BEDDING, TOOLS & SUPPLIES, & SPECIAL ITEMS.** In case of evacuation, these items should be kept in an easy to carry container such as a large covered trash container, a backpack, or a duffel bag. You should also keep a smaller disaster supply kit in your car. Below is a checklist of items you may want to include in your Disaster Supplies Kit:



### Water

- Store 1 Gallon of water per person per day
- Have a 3-day supply. (Replace supply every 6 months.)

### Clothing & Bedding

- Include at least 1 complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Blankets and/or sleeping bags
- Thermal underwear
- Sunglasses
- Rain gear
- Hats & gloves

### Special Items

Remember family members with special needs, such as infants, elderly or disabled individuals



### For Children

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities

### For Adults

- Prescription drugs
- Heart and high blood pressure medications
- Insulin
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Playing cards and books

### Food

Store at least a 3-day supply of nonperishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every 6 months

- Ready-to-eat canned meats, fruits and vegetables
- Soups, bouillon cubes or dried soups
- Milk: powdered, boxed or canned requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy
- Sugar
- Salt
- Pepper
- Juices: canned, boxed, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods: peanut butter, nuts, trail mix



### Tools & Supplies

- Mess kits or paper cups, plates, plastic utensils
- Battery or gyro operated radio & extra batteries
- Small fire extinguisher
- Flashlight & extra batteries
- Paper & pencil/pen
- Non-electric can opener
- Utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Needles & thread
- Aluminum foil
- Matches
- Shut-off wrench for gas & water
- Work gloves
- Plastic storage containers
- Medicine dropper
- Cash or traveler's checks & change
- Dust mask (for dust/debris)
- Toilet paper
- Personal hygiene items
- Feminine supplies
- Disinfectant
- Plastic garbage bags & ties
- Soap
- Household chlorine bleach
- Small shovel (to dig toilet, etc.)
- Plastic bucket with tight lid (indoor toilet)



### First Aid Kit

You should have 2 first aid kits - one for your home and one for your car. Include:

- Sterile adhesive bandages - assorted sizes
- Gauze pads (2x3 inch)
- Triangular bandages
- Hypoallergenic adhesive tape
- Sterile roller bandages (2x3 inch)
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins
- Bar of soap
- Moist towelettes
- Nonbreakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly
- Tongue blades & wooden applicator sticks
- Aspirin and non-aspirin pain reliever
- Antacid
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Antidiarrheal medication
- Emetic (to induce vomiting)

