

The Pocket Guide to

Emergency Preparedness

**Your safety.
That's why public health is working.**

We're working around the clock to protect your health and safety. Our work includes health promotion, disease prevention, and serving as one of the front line team of agencies responding in the event of terrorism.

To learn more, visit us at www.morrishealth.org or call 973-631-5484.

This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made public health emergencies. Helpful web sites and phone numbers are also included.

Please read your guide carefully and keep it close at hand.



**A publication of the
Morris County Board of
Chosen Freeholders.**

RESPOND

You may have experience in responding to natural disasters such as hurricanes or blizzards where there is often advance warning. It's also important to be alert to biological, chemical and radiological incidents, which could happen at any time and without warning. During these types of emergencies, hazardous materials can be released into the environment. Whether they are accidents or acts of terrorism, your actions should be the same.

- ✓ *Immediately take the action recommended by emergency services, including instructions to stay in place, evacuate, or move to another location.*
- ✓ *Call 9-1-1 to report injuries or a life-threatening situation.*
- ✓ *To report an incident involving hazardous materials, call 9-1-1.*
- ✓ *In the event of disease outbreak (rash, flu-like symptoms), call your physician or seek medical help.*
- ✓ *Tune to your local radio or TV station or access the NJDHSS Web site for updated information.*
- ✓ *Stay calm and reassure others.*

Procedures established by the New Jersey Department of Health and Senior Services are in place to detect contagious diseases and to distribute treatment such as antibiotics or vaccines at special facilities throughout the state. In an actual emergency, you should contact your local health department or listen to local stations for updates and instructions.

If you have questions about specific diseases or about biological or chemical agents, you can find fact sheets in multiple languages by visiting the NJDHSS Web site at www.state.nj.us/health/er or the Centers for Disease Control and Prevention (CDC) at www.bt.cdc.gov.

Source: State of New Jersey: Ready Together New Jersey A Public Health Guide to Emergency Preparedness.

DIAL 2-1-1

During a public health emergency, Morris County residents can dial 2-1-1 for updates from the New Jersey Department of Health and Senior Services and the County of Morris.

2-1-1 is a **free**, statewide telephone number that connects callers with a caring professional who can help them find non-emergency help or information on all kinds of services, government programs and community resources. From basic needs like food, shelter and health care to transportation, financial assistance, job training, mental health services, parenting resources and much more.

*2-1-1 is available 24 hours every day.
From some cell phones, dial (800) 435-7555.*



BIOLOGICAL EMERGENCY

Biological agents are bacteria, viruses and toxins that can cause disease in people.



Protection during a biological event depends on the agent being used.

For example, anthrax can only affect people who come into direct contact with it and cannot be passed on from person to person. But smallpox is highly contagious and would require isolating people who have been exposed. For some biological events, immunizations or antibiotics may be recommended. In response to a biological event, local authorities may give orders for **SHELTER IN PLACE** or **EVACUATION**.

Radiological Emergency



A terrorist attack with a “dirty bomb” can spread radiation into the air. A nuclear blast or an accident in a nuclear power plant can cause the spread of radiation. A “dirty bomb” is a standard bomb with radioactive materials added.

In all cases:

1. Listen to local updates to find out where the source of the radiation is located. Also listen for the level of the radiation source.
2. Decrease the amount of time you spend near the source of radiation.
3. Increase your distance from the source.
4. Increase the shielding between you and the radiation. Shielding is a protective barrier between a person and the source of radiation. Shielding could range from a plate glass window to several feet of concrete.

SELF-DECONTAMINATION:

If you have been in contact with radiation, remove your clothes as quickly as possible. Put the clothes in a sealed plastic bag. Take a shower and wash thoroughly with lukewarm water.

Chemical Emergency

Chemical agents are poisonous gases, liquids or solids that can cause injury, illness and death. Chemical emergencies can be caused by industrial accidents, or through the intentional release of harmful chemicals.

Protection from chemical agents varies. Either **SHELTER IN PLACE** or **EVACUATION** orders may be given to provide protection. Local authorities will give these orders only when necessary. Gas masks and protective clothing may help in some instances, but cannot protect you from contaminated food or water. However, not all such gear sold today is suitable for protection. Learn before you buy.



How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated. Specific emergency instructions will be broadcast by:



TELEVISION:

- CHANNEL 12 NJ–
CABLEVISION
- WMBC TV 63



RADIO:

- WFME 94.7 FM
- WGHT 1500 AM
- WMTR 1250 AM

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected by Shelter In Place. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

HELPFUL Web SITES

Morris County OEM	www.morrisoem.org
MC Prosecutor's Office	www.morrisnjpros.org
NJDHSS	www.state.nj.us/health
NJ Homeland Security	www.njhomelandsecurity.gov
American Red Cross of Northwest NJ.....	www.northwestnjredcross.org
Centers for Disease Control and Prevention	www.cdc.gov

What Not to Do in an Emergency

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak. It is safe to use a flashlight. Also Do NOT use a regular phone. Cell phones are safe to use.

Do NOT turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for true emergencies.



Your Best Protection is Preparation

This Guide offers information about those that are large-scale disasters, specifically public health emergencies, and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPARATION PLAN**.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross of Northwest NJ at 973-538-2160 or visit their Web site at www.redcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries.
- A first aid kit, including emergency medications.
- A cell phone (*make sure it's charged*).
- Stored water in sealed unbreakable containers—1 gallon for each person for each day up to one week. Water should be replaced every six months.



- A water purification kit in the event you can't boil water if a "Boil Water Order" is issued by health and safety officials.
- A one week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fix-a-flat, and flares for your car.



When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write it down here:



Also, find out what you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers to reach family or friends.

Shelter in Place: Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there. During a health emergency, you may be asked to stay at home to stop the spread of a disease.

If emergency officials advise you to Shelter In Place:

- 1** Stay calm, you may be asked to:
- 2** Bring children and pets indoors immediately. (For health emergencies like pandemic flu, one will not be asked to do all those other things necessarily.)
- 3** Close and lock all windows and outside doors.
- 4** Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
- 5** If you have a fireplace, close the damper.
- 6** Gather your disaster supplies and battery powered radio.
- 7** Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8** Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



Evacuation: Prepare a "Grab and Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you'll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It's a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.



Important PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

The following are numbers for disaster and emergency related help and information.

Morris County Office of Health Management	973-631-5484
Morris County Office of Emergency Management	973-829-8600
Morris County Sheriff's Office	973-285-6600
Morris County Prosecutor's Office	973-285-6200
New Jersey Department of Health & Senior Services Communicable Disease Service	609-588-7500
New Jersey State Police	609-882-2000
American Red Cross of Northwest New Jersey	973-538-2160
NJ Poison Information & Education Systems	1-800-222-1222
NJ Mental Health Helpline	1-877-294-HELP
2-1-1 First Call for Help	Dial 2-1-1 or 1-800-435-7555

**Please contact your city government about your
Community Emergency Response Team (CERT).**

Call 9-1-1 in the event of a serious, life-threatening emergency

Your Own Important Numbers

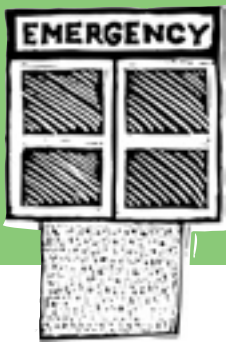


Write down important numbers and keep them close.

These include friends and family home and cellular numbers, your doctor or clinic, and your child's school.

Your Municipal Health Department #: _____





Where to Find Emergency Medical Care

Morristown Memorial Hospital
100 Madison Avenue
Morristown, NJ 07962
973-971-5000
www.atlantichealth.org

Chilton Memorial Hospital
97 West Parkway
Pompton Plains, NJ 07444
973-831-5000
www.chiltonmemorial.org

Saint Clare's Hospital—Denville
25 Pocono Road
Denville, NJ 07834
973-625-6000
<http://saintclares.org>

Saint Clare's Hospital—Dover
400 West Blackwell Street
Dover, NJ 07801
973-989-3000
<http://saintclares.org>

**Saint Clare's Hospital
Boonton Township**
130 Powerville Road
Boonton Township, NJ 07005
973-316-1800
<http://saintclares.org>

CALL 9-1-1 IN THE EVENT OF A SERIOUS, LIFE-THREATENING EMERGENCY.

Techniques for Managing STRESS AND ANXIETY

Here are some useful suggestions for coping with the stress and anxiety stemming from a public health emergency:

- Limit your exposure to graphic news stories
 - Get accurate, timely information from credible sources
- Seek out and follow the experts' advice
 - Educate yourself about the specific health hazard
- Maintain your normal daily routine
 - Exercise, eat well and rest
- Stay busy- physically and mentally
 - Communicate with friends, family and supporters
- Use spirituality and your personal beliefs
 - Keep a sense of humor
- Express yourself through writing, poetry, drawing, etc.
 - Talk and share your feelings with others



Excerpted from New Jersey Department
of Human Services Managing the
Emotional Consequences
of Public Health Emergencies

