

# Your Best Protection is Preparation

**T**his 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.northwestnjredcross.org](http://www.northwestnjredcross.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.



# 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.*

FIRSTCALL For Help  
**2-1-1**  
Get Connected. Get Answers.

