

## **Hurricane Irene Talking Points: Staying Prepared**

With Hurricane Irene forecasted to hit the New Jersey coast sometime this weekend, it's important to ensure that you, your family and your community are prepared.

There are some simple steps that everyone can take to protect the health and safety of you and your family.

### **Have an Emergency Kit:**

Every family should have an emergency kit created that will help them survive in their house or at a shelter for several days to a week. This emergency kit should contain items essential for survival, including fresh water, food, blankets, radio, flashlight and batteries.

To prepare and maintain an emergency kit, print the DHSS Emergency Supply Checklist. At [www.nj.gov/health/er](http://www.nj.gov/health/er) For additional information on preparing for a hurricane, visit [http://www.ready.gov/america/\\_downloads/trifold\\_brochure.pdf](http://www.ready.gov/america/_downloads/trifold_brochure.pdf)

### **Make an Emergency Plan:**

Make plans with your family and friends in case you're not together during an emergency. Discuss how you'll contact each other, where you'll meet, and what you'll do in different situations.

It's important to review contact lists that include updated cell phone and home telephone numbers.

### **Stay Informed:**

Being prepared means staying informed. Check all types of media – Web sites, newspapers, radio, TV– for global, national and local information. It's important to have not only updated information but reliable information.

During an emergency, your local Emergency Management or Emergency Services Office will give you information on such things as open shelters and evacuation orders.

The New Jersey Department of Health and Senior Services website serves as a resource for all health-related information in New Jersey and will provide updates during incidents. Make sure to bookmark [www.nj.gov/health](http://www.nj.gov/health) on your personal computers.

For more information, visit:

DHSS Emergency Preparedness - <http://www.state.nj.us/health/er/index.shtml>

New Jersey Office of Emergency Management - <http://www.state.nj.us/njoem/>

Federal Emergency Management Agency - <http://www.fema.gov/index.shtm>