

Township of Livingston

Health Department

September is National Preparedness Month



Emergencies can happen at any time.

Fire, flooding, storms; chemical leaks, terrorism; widespread illness, pandemic.

Anything can happen in the blink of an eye. Make sure you and your family are prepared.

The more quickly you can grab your supplies and go, the better your family's chances of staying safe and healthy when an emergency occurs. Keeping supplies on hand and organized can help you save valuable time. **Creating an emergency kit is easier than you may think:**

- An **individual back-pack** for each family member
- Minimum of **three days' worth of supplies** for each person:
individual medications, water, ready-to-eat nonperishable foods — such as canned fish, fruits, dry cereal, crackers — and baby and pet food, if needed.
- Copies of important **documents in a waterproof container:**
credit cards, ID's (legal documents), house and bank papers, and copies of medical information and medications.
- **Batteries, phone chargers**, glasses/denture supplies, & diapers, as needed.
- **First-aid kit with:**
additional bandages, ibuprofen or aspirin for pain/fever, antiseptic wipes, hydrogen peroxide, antibiotic ointment, burn, sting and bite ointment, cotton balls, medical gloves (disposable) and a list of your family's health conditions and medications.
- General supplies and **individual needs:**
blankets, hygiene products, moist towelettes and seasonal clothing.
- Keep everything in a **cool, dry space** and store items in airtight plastic bags:
check dates and replace as needed.
- **Have a File of Life:** Record your important medical information quickly and easily on a **File of Life**, available for free from the Livingston Health Department, 204 Hillside Avenue, or online at www.livingstonnj.org/healthdept.
- **Get Emergency Notifications:** Register yourself and all family members for Livingston Township's **Swift 911 Emergency Notification System** quickly and easily through the website www.livingstonnj.org.



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