



## SEPTEMBER IS NATIONAL PREAREDNESS MONTH

Tips on how you can prepare for emergencies and natural disasters such as floods, fires, storms and earthquakes along with chemical leaks, terrorism and a pandemic or worldwide illness

Having supplies on hand can help to organize and save valuable time to allow you and your family to stay safe if an emergency occurs. We will review some items to stock:

- An individual backpack for each family member and plan (minimal) on at least three days of supplies;
- Stock water and ready to eat nonperishable foods, canned fish, fruits, dry cereal, crackers, baby and pet food if needed;
- Place copies of important documents -- credit cards, ID's (legal documents), house and bank papers and copies of medical information and medications -- in a waterproof container.
- Don't forget batteries, phone chargers, extra glasses/denture supplies, pet food or diapers, as needed.
- Have a first-aid kit available and add bandages, ibuprofen or aspirin for pain/fever, antiseptic wipes, hydrogen peroxide, antibiotic and burn, sting and bite ointment, cotton balls, medical gloves (disposable) and a list of family's health conditions and medications.
- There may be other items you may want or need for general supplies and individual needs i.e. blankets, hygiene products, moist toillettes and seasonal clothing.
- Keep everything in a cool, dry space and store items in airtight plastic bags. Check dates and replace as needed.
- The Health department offers the File of Life where you can record all important medical information you may need and is invaluable in emergency situation. This form is available at the Livingston Health department, 204 Hillside Avenue.
- The Township has an Emergency Notification system on the website: [www.livingstonnj.org](http://www.livingstonnj.org). Click on Swift 911 to enroll.