



# NATIONAL PREPAREDNESS MONTH YOUTH WEEK

GET PREPARED. GET INVOLVED.

## Prepare Yourself

- **Get trained** in CPR or first aid: [www.nyredcross.org/takeaclass.php](http://www.nyredcross.org/takeaclass.php)
- Sign up for **e-updates**:
  - Notify NYC* ([www.NYC.gov/notifynyc](http://www.NYC.gov/notifynyc))
  - Email alerts* ([www.NYC.gov/oemnews](http://www.NYC.gov/oemnews))
  - Facebook*:
    - OEM ([www.facebook.com/nycemergencymanagement](http://www.facebook.com/nycemergencymanagement))
    - ARC ([www.facebook.com/nyredcross](http://www.facebook.com/nyredcross))
  - Twitter*:
    - OEM ([www.twitter.com/nycoem](http://www.twitter.com/nycoem))
    - ARC ([www.twitter.com/redcrossny](http://www.twitter.com/redcrossny))

## Prepare Your Family

- Write down important **telephone numbers** for your family.
- Make sure everyone in the house has a **Go Bag** to use in case of an evacuation.
- Take young children to a free **Scrubby Bear** hand washing class offered by the American Red Cross ([www.nyredcross.org/calendar.php](http://www.nyredcross.org/calendar.php)).
- Practice evacuating your home as a family, just like a **fire drill** at school. Have a **meeting place** outside your home.
- Call 311 or go to [www.NYC.gov/readyny](http://www.NYC.gov/readyny) for free emergency preparedness guides.

## Prepare Your Community

- Become a volunteer: [www.nyredcross.org/youthservices](http://www.nyredcross.org/youthservices).
- Join the NYC Citizen Corps Council **Youth Fellowship Program** at [www.nycservice.org](http://www.nycservice.org).
- Talk to your **friends and neighbors** about preparedness. Help them to pack Go Bags and make a plan.
- Request an **emergency preparedness presentation** for your community by calling 311.

# FUN AND GAMES

## Pack a Go Bag!

Use this checklist to pack your own bag and make sure you're ready to go in any emergency!



a bag to pack



a flashlight



snacks



water



a toothbrush



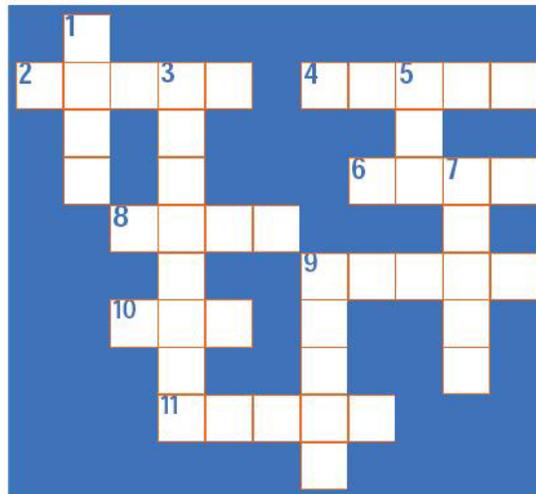
keys



your ID

## MAKE A PLAN CROSSWORD

To prepare for emergencies, families can collect items that might be useful and put them in an emergency supply kit. Complete the puzzle now so you're not puzzled in an emergency.



### ACROSS:

2. \_\_\_\_\_ light: A handy tool to have if the lights go out!

4. Every person needs one gallon of this per day!

6. This comfortable piece of furniture should not be part of a family's supply kit.

8. Furry family members that should be part of your preparedness plan.

9. Some people have a \_\_\_\_\_ between meals if they are hungry.

10. You might find water, a flashlight, or a whistle in an emergency supply \_\_\_\_\_.

11. Fun items that families can play together.

### DOWN:

1. Families can create a communication \_\_\_\_\_ so that they know where to meet and who to call during an emergency.

3. \_\_\_\_\_ bag: Great for napping or keeping warm.

5. Every family member should carry a contact list with at least \_\_\_\_\_ different phone numbers that will allow you to keep in touch during an emergency.

7. It's important to get the \_\_\_\_\_ about different kinds of emergencies, so that you know what to expect.

9. Keep an extra pair of these in your supply kit to keep your feet dry!

## Ready New York for Kids: Word Search

See if you can find the preparedness words listed below!



For more fun and games, visit <http://nyc.gov/readyny>



# NATIONAL PREPAREDNESS MONTH BUSINESS WEEK

*One in four small businesses never recovers from a disaster.*

**GET PREPARED. GET INVOLVED.**

## Prepare Your Business

- **Register with CorpNet** to receive notification of incidents that may affect New York City businesses at [www.NYC.gov/corpnet](http://www.NYC.gov/corpnet).
- In preparation for the fall flu season, review your sick leave policies and **talk to your employees** about good hygiene practices ([www.flu.gov](http://www.flu.gov)).
- **Back up your computer** and important documents. Store the copies off-site for safekeeping.

## Prepare Your Employees

- **Discuss your business continuity plans** and emergency action plans with your staff.
- Host a **Preparedness Day** at the office; conduct drills and distribute emergency information. E-mail [publicprivate@oem.nyc.gov](mailto:publicprivate@oem.nyc.gov) for more information.
- Encourage your employees to keep **Go Bags** at their desks and to register for **Notify NYC** at [www.NYC.gov/notifyNYC](http://www.NYC.gov/notifyNYC) for current, accurate emergency information.

## Prepare NYC

- Place a link on your webpage to the **Ready New York** site at [www.nyc.gov/readyny](http://www.nyc.gov/readyny) to promote preparedness.
- Schedule a **blood drive** for your office. Contact the NY Blood Center at [www.nybloodcenter.org](http://www.nybloodcenter.org).

# EMERGENCIES HAPPEN.

## IS YOUR BUSINESS READY?



Fire ●



Building Collapse ●



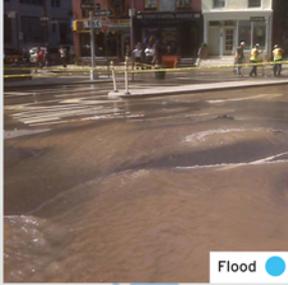
Construction or Crane Accident ●



Power Outage ●



Water Main Break ●



Flood ●

Other ●

[www.nyc.gov/oem](http://www.nyc.gov/oem)

**25% OF SMALL BUSINESSES NEVER RECOVER FROM A DISASTER.\***

**READY NEW YORK FOR BUSINESS**

This map represents only those incidents to which the Office of Emergency Management or Department of Small Business Services responded from 1998-2008.

\*Source: The Institute for Business and Home Safety.





# NATIONAL PREPAREDNESS MONTH PET WEEK

GET PREPARED. GET INVOLVED.

## Evacuating With Your Pet

- Make a **plan** with friends and relatives. **Practice** your plan.
- Identify a **safe place** for your pet to stay, like a shelter, hotel, or kennel.
- Have a **secure carrier** for each pet and a leash for each dog.
- **Pack a Go Bag** for your pet (see reverse for details).

## If You Cannot Get Home

- Make a **Buddy Plan**: Identify a trusted friend or neighbor to help your pet in your absence.
- Place stickers with pet information on windows and entrances to **alert rescuers**.
- Keep your pet's Go Bag where it can be **easily found**.
- **Update** your information and supplies regularly.

## Document Your Pet

- Keep your pet's **vaccines** current. Keep copies of the paperwork in your pet's Go Bag.
- Have a **recent photo** of you with your pet.
- **Register** your dog with the Department of Health and Mental Hygiene.
- Make sure your pet *always* has a collar with proper **identification tags**.
- **Microchip** your pet to help identify it in case you are separated.

# ADDITIONAL INFORMATION

## Pet Go Bag Checklist

- Vaccine records
- Contact info for your vet and the people in your Buddy Plan
- Seven-day supply of medications
- Photos of you with your pet
- Collar with ID tag that has two contact numbers
- Treats and toys
- Blanket or towel
- Leash
- Secure carrier or muzzle
- Three days of food and water
- Clean up tools
- Litter and tray
- Dog license
- Microchip registration

## RESOURCES

### Preparedness Information for Pet Owners:

- **ASPCA Disaster Preparedness:**  
[www.asPCA.org/pet-care/disaster-preparedness](http://www.asPCA.org/pet-care/disaster-preparedness)
- **Department of Health and Mental Hygiene Veterinary and Pests Directory:**  
[www.nyc.gov/html/doh/html/browse/browse-animal.shtml](http://www.nyc.gov/html/doh/html/browse/browse-animal.shtml)
- **Dog Licensing Information:**  
[www.nyc.gov/html/doh/html/vet/vet-doglicense.shtml](http://www.nyc.gov/html/doh/html/vet/vet-doglicense.shtml)
- **Humane Society of the United States Disaster Preparedness Resources:**  
[www.humanesociety.org/emergency](http://www.humanesociety.org/emergency)
- **American Veterinary Medical Association:**  
[www.avma.org/disaster](http://www.avma.org/disaster)

### Animal Assistance Groups:

- **Animal Care and Control of NYC:**  
[www.nycacc.org](http://www.nycacc.org)
- **Mayor's Alliance for NYC's Animals:**  
[www.animalallianceny.org](http://www.animalallianceny.org)
- **NYC Veterinary Emergency Response Team :**  
[www.NYCVERT.com](http://www.NYCVERT.com)

### Classes and Opportunities:

- **American Red Cross in Greater New York:**  
[www.nyredcross.org/](http://www.nyredcross.org/)

## Making a Buddy Plan:

- Exchange keys with your friend or neighbor and discuss how they will care for your pet.
- Make sure your buddy has a copy of vaccine records and vet information.
- Identify both a local and a long distance contact.



# NATIONAL PREPAREDNESS MONTH SPECIAL NEEDS WEEK

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## Think About Your Needs

- Use **Ready New York for Seniors and People With Disabilities** to plan for an emergency.
- Discuss emergency **prescription refills** with your doctor and pharmacist.
- If you receive home care, find out your provider's **emergency plan**.
- **Register** medical equipment with your power provider.
- Consider **direct deposit** for Social Security payments.

## Create Your Support Network

- **Share** your emergency plan with friends and loved ones.
- Identify both local and out-of-state **family, friends, or neighbors** to help you in an emergency.
- Tell them about **your personal needs** and how best to help you.
- Keep **health information**, copies of prescriptions, medical equipment instructions, and emergency contact information in *one easy-to-find place*.

## Get Prepared

- Use the **Ready New York guide** to help you **pack a Go Bag** and an **Emergency Supply Kit**.
- If you're a health professional, join the **Medical Reserve Corps** at **www.nyc.gov/medicalreservecorps**
- Keep a small amount of **cash** on hand at all times.
- **Stay informed** about emergencies in your area — sign up for free notifications at **www.nyc.gov/notifynyc**.
- **Learn** about your community's disaster preparedness plans.

# NATIONAL PREPAREDNESS MONTH HEALTH INFORMATION

## H1N1 Flu: What You Need to Know

### What is H1N1 Flu?

H1N1 flu (“swine flu”) is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

### How can I protect myself and others from H1N1 flu?

- Don’t get too close to people who are sick. If you get sick yourself, avoid close contact with other people.
- Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleaner.

### What should I do if I develop flu-like symptoms, such as fever and cough?

- Stay home from school or work until 24 hours after your symptoms go away.
- If you are over 65, under 2 or pregnant – or you have asthma or other health problems – call your doctor to see if you need medicine. Your doctor may be able to give you a prescription over the phone.
- You *don’t* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

### When do I need medicine for the flu?

Most people recover without medication, but some people are more likely to get severely ill with the flu. Those at risk include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes.

- If you belong to one of these groups and you get come down with symptoms of flu, call your health care provider right away to get a prescription.

### When should I go to the emergency room or hospital?

You *don’t* need to go the hospital or emergency room unless you have severe symptoms. Severe symptoms include:

- Trouble breathing or shortness of breath (rapid breathing in children)
- Pain or pressure in the chest or stomach
- Bluish skin color
- Dizziness or confusion
- Increasing fever
- Vomiting that won’t stop

### Should I send my children to school?

If your child is sick, he or she should stay home until 24 hours after symptoms go away. Healthy children do not need to miss school unless classes are canceled. You can find out if your school is closing by visiting <http://schools.nyc.gov/Home/Spotlight/closures.htm>.

For more information: Visit [www.NYC.gov/html/doh/html/cd/cd-h1n1flu.shtml](http://www.NYC.gov/html/doh/html/cd/cd-h1n1flu.shtml)

Information provided by the New York City Department of Health and Mental Hygiene  
[http://www.NYC.gov/html/doh/downloads/pdf/cd/h1n1\\_flu\\_what\\_to\\_do\\_flyer.pdf](http://www.NYC.gov/html/doh/downloads/pdf/cd/h1n1_flu_what_to_do_flyer.pdf)

# NATIONAL PREPAREDNESS MONTH INFORMATION FOR IMMIGRANTS

GET PREPARED. GET INVOLVED.

## Prepare Yourself

- Create an **emergency plan** with your family. Identify a friend's house as a meeting place.
- **Pack a Go Bag** in case you need to evacuate quickly (see reverse for details).
- Know **where you can go** and who can help you after a disaster.
- Understand your rights and the **services available to you** before, during, or after an emergency.

## Protect Your Documents

- In order to get the most assistance possible, you *must* have **all of your documents** and identification.
- Make **multiple copies** of all of your important paperwork and keep them in different secure locations.
- **Waterproof** papers by keeping them in a sealed plastic bag.
- Make sure to keep a **copy of your documents** in your Go Bag.

## Know Where You Can Go

- Many nonprofit and faith-based organizations, such as the American Red Cross or Catholic Charities, offer **unrestricted disaster services** to *all victims*, regardless of citizenship.
- **Ask questions**. Emergencies are confusing to everyone. Understand what is available to documented and undocumented immigrants.
- **Ask for an interpreter**. Many agencies have staff who speak languages other than English.

# ADDITIONAL INFORMATION

## Go Bag Checklist

Pack your bag with these items to be sure you're ready-to-go in **any** emergency.

- Copies of ALL of your important documents in a waterproof container
- Contact information and meeting place for your household.
- Child care, pet care, and other special items
- List of medications and doctor information
- Extra sets of car and house keys
- Small amount of cash
- Bottled water and non-perishable food
- Flashlight
- Battery-operated AM/FM radio
- First aid kit
- Lightweight raingear and Mylar blanket

## WEBSITES AND RESOURCES

### Immigration Hotlines

- **NY State Immigration Hotline** 1-800-566-7636
  - Operates 8AM-6PM weekdays, excluding holidays
  - Provides info and referrals in response to immigration and citizenship-related questions
  - Operators speak English, Spanish, French, Haitian-Creole, Italian, Polish, Russian, Arabic, Turkish, Albanian, Macedonian, Bosnian, Serbo-Croatian, Chinese (Mandarin), Hindi, Urdu, Punjabi, and Korean
- **National Asylee Information and Referral Hotline** 1-800-354-0365
  - National multilingual hotline for people who have been granted political asylum in the U.S.
  - Provides information and referrals for asylee-related services and benefits
- Call **311** for other information regarding emergency preparedness.

### Helpful Websites

#### Preparing Before a Disaster:

- **Ready New York:** [www.NYC.gov/readyny](http://www.NYC.gov/readyny)
- **Citizen Corps Council:** [www.NYC.gov/citizencorps](http://www.NYC.gov/citizencorps)
- **FEMA:** [www.fema.gov/areyouready](http://www.fema.gov/areyouready)

#### Services After a Disaster:

- **Immigrant Eligibility for Disaster Assistance:** [www.nilc.org/ce/nilc/disasterassist\\_immeligibility\\_2007-06.pdf](http://www.nilc.org/ce/nilc/disasterassist_immeligibility_2007-06.pdf)
- **Eligibility for Federal Programs:** [www.nilc.org/disaster\\_assistance/Disaster\\_Relief.pdf](http://www.nilc.org/disaster_assistance/Disaster_Relief.pdf)
- **FEMA Aid:** [www.fema.gov/news/newsrelease.fema?id=12562](http://www.fema.gov/news/newsrelease.fema?id=12562)

### Consulate Resources

- **China, Hong Kong, Taiwan:** [www.nyconsulate.prchina.org](http://www.nyconsulate.prchina.org)  
212-244 9456
- **Colombia:** [www.consuladodecolombiany.com](http://www.consuladodecolombiany.com)  
212-798-9000
- **Dominican Republic:** [www.portal.consuladord-ny.org](http://www.portal.consuladord-ny.org)  
212-768-2480
- **Ecuador:** [www.consulecuadornewyork.com](http://www.consulecuadornewyork.com)  
212-808 0170
- **Guyana:** 212-947-5110
- **Haiti:** [www.haitianconsulate-nyc.org](http://www.haitianconsulate-nyc.org)  
212-697-9767
- **India:** [www.indiacgny.org](http://www.indiacgny.org)  
212-774-0662
- **Jamaica:** [www.congenjamaica-ny.org](http://www.congenjamaica-ny.org)  
212-935-9000
- **Mexico:** [www.sre.gob.mx/nuevayork](http://www.sre.gob.mx/nuevayork)  
212-217-6400
- **Trinidad & Tobago:** [www.ttcgnewyork.com](http://www.ttcgnewyork.com)  
212-682-7272