

READY ROCKLAND



For Older Adults and People with Access and Functional Needs

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EMERGENCY HEALTH INFORMATION CARD

Emergencies can present additional challenges for older adults and people with access and functional needs. Being prepared for any emergency takes planning. While the local municipalities and the County respond to disasters, only you can take steps to identify the risks you may face in order to ensure your safety.

Plan to be self-sufficient for several days without intervention from Emergency Services. When a disaster occurs, your personal needs, such as replacing medications and equipment, may not be met right away. Work out a plan that fits your needs and is simple to put into action. By planning ahead, you will feel more confident and independent following any emergency, whether it is a power outage, hurricane, house fire or terrorist attack.

GETTING STARTED

It's important to know how a disaster may affect you. Determine what resources and supplies you may need and share this information with caregivers or emergency contacts. The steps outlined in this guide will help you to better identify and assess your needs and resources during times of disaster.

1) GETTING REGISTERED

Register for Emergency Notifications: [NY-Alert is New York State's free All-Hazards Alert and Notification System. To receive current information, register at www.nyalert.gov or sign up by calling NYAlert at 1-888-697-6972.]

Register Persons with "Access and Functional Needs": To assist emergency responders in knowing your location and specific needs, the Office of Fire and Emergency Services suggests you register at www.rocklandregisters.com or sign up by calling the Hudson Valley Region's helpline 2-1-1.

Please note: Authorized family members, such as parents of minors or legal guardians/caregivers can register on behalf of persons with access or functional needs. Annual updates of information are required.

For up-to-the-minute information, find current emergency related news via www.facebook.com/RCFireandEmergency or www.twitter.com/Rocklandgov

2) DEVELOP A DISASTER PLAN

Consider developing a disaster plan for each place you spend time whether it be home, work, school, or in the community. Review your plan annually to make sure all information is up to date.

- Establish a personal support network of family, friends, neighbors, and co-workers, and determine how you will help each other in any emergency. Do not depend upon only one person.
- Ask those who form your support network to:
 - Know how to contact you anytime critical information becomes available.
 - Check on you immediately after an emergency.
 - Keep a spare set of important keys.
 - Know where your Emergency Supply Kit is kept (see page 7).
 - Have copies of important documents, such as information about medication and dosage, equipment, and other needs.
 - Learn about your personal needs and how to help you in an emergency.

Additionally, you should:

- Decide where you will reunite with family, friends, or caregivers after a disaster. Identify two places to meet: one right outside your home and another outside your neighborhood, such as a library, community center, or place of worship.

- Know the address and phone number of all meeting places.
- Know and practice all possible exit routes from your home and neighborhood.
- Designate an out-of-state friend or relative, whom family or friends can call if separated during disaster. If local phone circuits are busy, long-distance calls may be easier to make. This out-of-state contact can help you to communicate with others.
- Document important health and life-saving information. Fill out the **emergency health information card** located at the back of this guide. This card will help emergency responders if you are unable to communicate your needs. List medications and equipment you use, pertinent disability information that may help emergency responders to assist you, preferred treatment, medical providers and important contacts. Keep the card in your wallet or purse, and give a copy to members of your personal support network. Update the card regularly.
- Print copies of your disaster plan to distribute to members of your support network, as well as to keep in your wallet or purse and Emergency Supply Kit
- Practice your plan with members of your support network.
- If you receive home-based care (e.g. homecare attendant, home health aide, visiting nurse service), include them in the development of your plan and familiarize yourself with your homecare agency's emergency plan.
- If you have a pet or service animal, also plan for his or her needs (i.e. temporary relocation, transportation, etc.)
- Be sure your home is clearly labeled with a building/house, unit number so emergency personnel can find you easily.

Other Considerations:

- If you rely on home-delivered meals, always stock non-perishable food at home in case meal deliveries are suspended during an emergency.
- Have a plan with your doctor that addresses emergency prescription refills, if possible.
- If you receive dialysis or other medical treatments, find out your provider's emergency plan, including where your back-up site is located.
- If you rely on medical equipment that requires electrical power, contact your medical supply company for information regarding a back-up power source, such as a battery. Follow the manufacturer's directions when installing the equipment and the battery back-up. If you use a portable generator for emergency power, follow the manufacturer's directions for safe operation and check with local fire and building officials for regulations governing generator and fuel use. Ask your utility company if the medical equipment qualifies you to be listed as a life-sustaining equipment customer.
- If you rely on oxygen, talk to your vendor about emergency replacements.

Planning for Outside the Home:

Get involved in emergency planning for all the places where you spend time, such as school, work, or senior centers. If there is no plan, encourage managers or administrators to develop one. Make sure they are aware of any needs you or those you care for may have. Also, make sure you are included in decisions regarding equipment and procedures that might affect you.

3) ASSEMBLE AN EMERGENCY SUPPLY KIT

Keep enough supplies in your home to survive on your own for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only. Check expiration dates of food, and update your kits when you change your clocks during daylight-saving times. An emergency supply kit should include:

- ❑ One gallon of drinking water, per person per day
- ❑ Nonperishable, ready-to-eat canned foods, and a manual can opener
- ❑ First-aid kit
- ❑ Flashlight, battery-operated AM/FM radio, and extra batteries. You can also buy wind-up radios that do not require batteries.
- ❑ Whistle
- ❑ Iodine tablets or one quart of unscented bleach (for disinfecting water ONLY if directed to do so by health officials) and an eyedropper (for adding bleach to water)
- ❑ Personal hygiene items: soap, feminine hygiene products, toothbrush and toothpaste, etc.
- ❑ Cell phone/charger
- ❑ Emergency health information card

You may also consider additional supplies and equipment when compiling your kit, based on your access and functional needs. These items may include:

- ❑ Back-up medical equipment (oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, etc.)

- ❑ Style and serial numbers of medical devices (such as pacemakers) and usage instructions
- ❑ Supplies for pets and service animals (food, extra water, bowl, leash, plastic bags)
- ❑ Contact information for your doctors and pharmacist

4) PUT TOGETHER A “GO” BAG

Assemble a “Go” Bag – a collection of items you may need in the event of an evacuation. Your “Go” Bag should be packed in a sturdy, easy-to-carry container such as a backpack or a small suitcase on wheels. A “Go” Bag should be easily accessible if you have to leave in a hurry. It should include:

- ❑ Copies of your important documents in a waterproof and portable container (insurance cards, Medicare/Medicaid cards, photo I.D.’s, proof of address, etc.)
- ❑ Extra set of car and house keys
- ❑ Credit and ATM cards and cash, especially in small denominations. We recommend you keep at least \$50 to \$100 on hand.
- ❑ Bottled water and nonperishable food, such as energy or granola bars
- ❑ Flashlight, battery-operated AM/FM radio, and extra batteries
- ❑ First-aid kit
- ❑ Medication and other essential personal items. Be sure to refill medications before they expire. Include a list of the medications you take, why you take them, and their dosages
- ❑ Sturdy, comfortable shoes, heavy gloves, lightweight raingear, and a mylar blanket

- ❑ Contact and meeting place information for your household and members of your support network, and a small regional map
- ❑ Child care supplies or other special care items
- ❑ Instructions for any device you may use
- ❑ Notepad and pen
- ❑ Emergency health information card
- ❑ Aerosol tire repair kits to repair flat wheelchair or scooter tires and/or tire inflator
- ❑ Supplies for pets and service animals (food, extra water, bowl, leash, plastic bags)
- ❑ Back-up medical equipment

5) BE PREPARED TO EVACUATE

Evacuation should be addressed as part of your emergency planning efforts, both for your home and all places where you spend time. Local officials will tell you when to evacuate through the media and direct warnings. **Register to receive emergency information specific to your location(s) at www.nyalert.gov. If you do not have access to the internet, call to register at 1-888-697-6972.**

Evacuation is used as a last resort when a serious threat to public safety exists. If you must evacuate, your first plan should always be to stay with friends or family. In a widespread evacuation affecting a large number of people, the county may open disaster sheltering facilities for those who are displaced.

Remember to tune into local radio station 100.7 FM, local media TV stations, such as News12 or Verizon1 or call Hudson Valley Region 2-1-1 for the latest emergency information.

Always have your “Go” Bag ready in case of an evacuation. You may not have time to get your belongings together, and you may not be allowed back until the danger has passed.

- Decide whether you will need assistance in an emergency evacuation, including how you will get to a safe place or shelter.
- Determine all usable exits from each room and your building. Make a habit of identifying exits whenever you are in a new location (i.e. shopping mall, restaurant, movie theater, etc.)
- Find out whether you live in the ten-mile Emergency Planning Zone for Indian Point by contacting Hudson Valley Region 2-1-1.
- Know evacuation plans for all places where you spend time. Often buildings have floor marshals who are responsible for evacuation plans. Be sure to let floor marshals know what special assistance you or those you care for may need in an emergency.
- Make alternate transportation plans; the means of transportation you usually use may not be available.
- Practice plans through regular drills. People who rehearse escape drills can evacuate with greater ease than those who are unfamiliar with the procedures. Include members of your support network in your drills so they can be familiar with your access and functional needs in the event of an emergency.

- Practice dealing with different circumstances and unforeseen situations, such as blocked paths or exits.
- Teach members of your support network how to operate your equipment in an emergency (e.g. how to disengage gears of a power wheelchair and how to best lift or transfer you).
- Include service animals in all drills so they become familiar with exit routes.

Evacuate Immediately If You:

- Are directed to do so by an emergency official.
- Are in immediate danger.

When You Evacuate:

- If there is time, secure your home by closing and locking windows and doors, as well as unplug appliances before you leave. Authorities will tell you if it is necessary to turn off utilities.
- Let friends and relatives know where you are going.
- Wear sturdy shoes and comfortable, protective clothing such as long pants and long-sleeved shirts.
- Bring your “Go” Bag with you.
- Do NOT use an elevator during a fire or other emergency unless directed to do so by emergency personnel. If power goes out or is shut off, you could become trapped.
- Evacuation routes change based on the emergency so stay tuned to the local news for the latest information.
- Go to the nearest shelter or safe place as soon as you are instructed to do so.

Disaster Sheltering:

If you are directed to evacuate, make arrangements to stay with friends or family outside the affected area whenever possible. For evacuees who have no alternative shelter, the county will open American Red Cross managed shelters throughout the county. Disaster shelters may be set up in schools, municipal buildings, or places of worship. They provide basic food and water. If possible, bring clothing, bedding, bathing, sanitary supplies, medications, and your “Go” Bag to shelters.

- To find an accessible shelter during an emergency, call Hudson Valley Region 2-1-1.
- If needed, have someone in your support network accompany you to a shelter.
- Shelters DO NOT have special equipment (e.g. oxygen, mobility aids). Be prepared to bring your own.
- Service animals are allowed, but pets may not be permitted.
- Alcoholic beverages, firearms, and illegal substances are not allowed in disaster shelters.
- Shelter sites change based on the emergency so stay tuned to the local news for the latest information, or call Hudson Valley Region 2-1-1 to confirm location(s).

6) SHELTER IN PLACE

When evacuation to shelters is either inappropriate or impossible, you may be instructed to stay where you are. This could be as simple as remaining at home while officials clear hazards such as downed wires from a nearby area.

If necessary, identify a room with few doors or windows to shelter in place. Ideally, the room should allow at least 10 square feet per person.

When officials advise you to shelter in place, act quickly and follow instructions. Your main objective should be to get to a safe indoor location. Once inside:

- If there is time, close and lock all windows and doors.
- Turn off ventilation systems and close fireplace dampers if air contamination has been identified.
- Make use of your Emergency Supply Kit and “Go” Bag.
- Tune in to local radio or local TV stations to receive updates from emergency officials. If you have not already done so, register to receive notifications via www.nyalert.gov
- Only seal doors and windows when instructed to do so by emergency officials.

RESOURCES

Senior and Community Centers: Depending upon the emergency, some senior and community centers may adjust their hours of operation. For example, centers may stay open longer in a heat emergency. During snowstorms, they may close early because it may be dangerous to travel. For more information on center hours during an emergency, check with the senior or community center.

For more information on Rockland County emergency preparedness, access the following organizations via telephone or Internet.

Hudson Valley Region 2-1-1
2-1-1
www.hudson211.org

Rockland County Office for the Aging
845-364-2110
www.Rocklandgov.com/departments/Aging

BRiDGES
845-624-1366
www.bridgesrc.com

American Red Cross in Greater New York
1-877-REDCROSS (1-877-733-2767)
www.nyredcross.org

Orange & Rockland Utilities
Call 1-877-434-4100 for power outages
Gas Emergency Hotline at 1-800-533-5325 (Gas Leaks)
www.oru.com

For further information about pre-planning for an evacuation, specific hazards, sheltering, and other general preparedness and response information, download emergency preparedness information at www.rocklandgov.com or www.ready.gov

Federal Emergency Management Agency (FEMA)
1-800-480-2520 (to order FEMA publications)
www.fema.gov

National Organization on Disability
(Emergency Preparedness Initiative)
1-646-505-1191 Ext. 122
www.nod.org/emergency

CONTACTING OFFICIALS DURING EMERGENCIES DO NOT CALL 9-1-1 UNLESS:

- You are in immediate danger or witness a crime in progress.
- Have a serious injury or medical condition.
- **PLEASE** do **NOT** call 9-1-1 for non-emergencies or to report a power outage.

Call Hudson Valley 2-1-1

- When you need access to non-emergency services or information about County government programs.
- Do **NOT** call 2-1-1 for emergencies.

Emergency Telephone Tips:

If you call 9-1-1, specify the type of emergency (fire, medical, police) and be prepared to answer questions. During a medical emergency, turn a light on so that emergency responders can find your home. Do not hang up the phone before they do; wait until they have asked you all necessary questions so he or she can assist you as quickly as possible.

Non-Emergency Numbers:

Clarkstown Police	845-639-5800
Orangetown Police	845-359-3700
Ramapo Police	845-357-2400
Haverstraw Police	845-354-1500
Stony Point Police	845-786-2422
Suffern Police	845-357-2300
Piermont Police	845-359-0240
Spring Valley Police	845-356-7400
So. Nyack/Grandview Police	845-358-0206
Rockland County Sheriff's Office	845-638-5400

Nyack Hospital 845-348-2000

Good Samaritan Hospital 1-866-596-8456

EMERGENCY HEALTH INFORMATION CARD
(KEEP IN A SEPARATE HANDY LOCATION)

Date Updated: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

E-mail: _____

Birth date: _____

Blood type: _____

Health Plan: _____

Individual #: _____ Group #: _____

Emergency Contact: _____

Relationship: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

E-mail: _____

EMERGENCY HEALTH INFORMATION CARD
(KEEP IN A SEPARATE HANDY LOCATION)

Emergency Contact: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

E-mail: _____

Doctor's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Fax: _____ E-mail: _____

Pharmacist's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Fax: _____ E-mail: _____

Access and Functional Needs:

Medications: _____

Allergies: _____

Communication/Devices/Equipment/Other: _____

Fill out, copy and distribute to all family members

**FAMILY EMERGENCY INFORMATION
(KEEP IN A SEPARATE HANDY LOCATION)**

Emergency Meeting Place _____
(outside your home)

Meeting Place _____
(outside your neighborhood)

Address _____

Family Contact _____
(name)

Phone (day) _____

Phone (evening) _____