Emergency Preparedness

Emergencies can range from inconvenient to devastating.

Taking some simple steps in advance can minimize their impact and make a big difference in ensuring the safety and well-being of individuals, families, businesses and communities.

Why be Prepared?

If an emergency occurred in your neighborhood, it may take emergency workers some time to reach you.

You should be prepared to take care of yourself and your family for a minimum of 72 hours.
Who is Prepared?

A recent survey conducted by the Siena Research Institute found that only 17% of Albany County residents are truly prepared.

How Do I Get Prepared?

Get a Kit
Make a Plan
Get Informed

Types of Emergencies - Earthquake

• Move away from windows.
• Don’t use elevators.
• Stay indoors.
• Wait until the shaking has stopped before you leave your safe place.
• Don’t use candles, matches or open flames in case there is a gas leak after an earthquake.
Fire

- Install smoke alarms on every level of your home and bedrooms.
- Replace smoke alarm batteries annually.
- Identify escape routes from every room in your house and practice with family members.
- Never open doors that feel warm.
- Get out immediately, stay out and call 9-1-1.

Flu

- Get an annual flu shot.
- Wash your hands regularly.
- Stay home if you have signs of the flu (fever, body aches, coughing, sore throat, vomiting, headache, diarrhea).
- Cover your nose and mouth when you cough.
- Make a separate room for a person with the flu to help others from getting sick.

Food Safety

- It's important to keep food safe from bacteria.
- Wash hands and surfaces often.
- Don't cross-contaminate.
- Cook foods to proper temperatures.
- Refrigerate food promptly.
Extreme Heat
• Listen to local weather forecasts and stay aware of temperature changes.
• Stay out of direct sunlight.
• Drink plenty of water.
• Wear light colored clothing.
• Avoid strenuous activity.
• Keep cool. Go to places with air conditioning (such as cooling shelter, if open).

Power Outage
• Turn off and unplug all electrical equipment.
• Disconnect appliances.
• Leave a light on so you’ll know when the power comes back on.
• Never use a portable generator indoors.
• Portable generators need to be placed 50 feet away from the building.

Tornado
• Secure objects in your home.
• Go immediately to your basement if you have one.
• If there is no basement, go to the lowest floor.
• Stay in an inner room away from windows and doors.
• Get beneath a sturdy piece of furniture such as a desk or table.

A tornado is a rapidly, spinning, fast moving, funnel-shaped cloud.
Winter Storm

Includes blizzards, ice storms and extreme cold temperatures.

- Stay indoors.
- Keep hands and feet warm.
- Wear a hat to maintain body temperature.
- If heat goes off, call utility company immediately and go to a heated shelter if open.
- Eat regularly so that your body can produce enough energy to keep warm.
- Never use grills or portable generators indoors.

Hurricanes

A tropical cyclone or severe tropical storm that may bring high winds, heavy rains and flooding.

- Learn evacuation routes.
- Make plans to secure your home and outdoor objects.
- Evacuate if you are instructed by local authorities.
- Stay indoors away from windows and doors.

Electricity Shut-Off & Safety

- Don't go into a basement, or any room, where water covers electrical cords or outlets.
- There are different shut-off procedures for different electrical panels.
- Contact the electric company for instructions.
- If flooding is anticipated, shut off electrical power if it is safe to do so.
- Call the electric company for assistance in turning the electricity back on.
Natural Gas

• There are different shut-off procedures for different gas meters.
• Contact the gas company for instructions.
• If you smell gas, open a window and get family/friends out of the house quickly.
• If you are able, turn off the gas, using the outside main valve.
• Call the gas company from a neighbor’s house.
• Never attempt to turn the gas back on yourself. A qualified professional must turn it back on.

9-1-1

• 3-digit telephone number designated in the United States as the universal emergency number.
• Provides caller with access to fire, police and ambulance.
• Can be dialed from a landline phone or cell phone.

911 - When to Call

Fire  Car Accident  Act of Crime

Someone is unconscious  Someone is gasping for air/choking  Someone is having an allergic reaction

Someone is bleeding uncontrollably  Someone is having chest pains/heart attack
911 - Information You Will Need

- The location of the emergency, including the street address
- The phone number you are calling from
- The nature of the emergency
- Details about the emergency
  - Description of injuries
  - Description of person allegedly committing a crime
  - Description of fire
- Do not hang up until the 911-operator instructs you to.

How Will I be Notified to Evacuate or Shelter in Place?

- Door to door notification by police or firefighters.
- Reverse 911 = automated phone call from emergency dispatch center to landlines (not to your cell phone).
- Media - TV News, radio.
- Emergency Alert System (EAS) via National Weather Service. Banner on TV screen or that loud noise on your radio.
- Register at www.911.gov for general information.

Shelters

- Locations across Albany County
- Coordinated through the American Red Cross and Albany County Emergency Management
- Only service animals are allowed in Shelters
What Should I Bring?

It may take some time to get necessary resources in a shelter to assist individuals with special needs.

- To make the transition easier, Karen residents are encouraged to bring the following:
  - Current ID with address
  - Go-kit, or list of medications translated in English
  - Name of physician(s)
  - Names of family members who will be in the shelter translated in English
  - List of allergies translated in English
  - List of adaptive devices translated in English

Evacuation Functional Needs 911 Registry

- A program designed to assist residents with special needs who would need help to evacuate their homes during an emergency situation or natural/manmade disaster.
- Completely voluntary.
- Personal information is entered into the county's E-911 system and allows responders to identify any special needs of the caller.

Public Health Emergencies-PODS

- Points of Dispensing (PODs).
- Places where you get specific medicine in a health emergency.
- PODs are set up during a disaster or disease outbreak.
- Medications given out by the Department of Health are free.
- The medicine is safe.
Get a Kit...

Depending on the nature of the emergency, you may need to evacuate or stay in place.

Therefore, it’s a good idea to prepare at least 2 kits:

- **Home Kit** – includes basic supplies to get you and your family through the first 72 hours of an emergency
- **Evacuation Kit** – includes basic supplies to take with you should you have to leave your home

Consider a kit for your office and your car as well!

...Consider the needs of yourself and your family

- Do you have children?
- Do you have family members with special needs?

**Important Documents**

- I-94 Card
- Social Security Card
- Driver’s License
- Birth Certificate
- Green Card
- Marriage Certificate
EBT Card  
CDPHP or Fidelis Health Insurance Card  
Car Insurance Card  
Homeowners/Renter’s Insurance Documents  
Immunization Records  
List of Medications

...Non-Perishable Foods

- Water
  - 1 gallon per person, per day

- Non-Perishable Food
  - easy to prepare

Get a Kit...Non-Perishable Foods
Get a Kit...More Non-Perishable Foods

- Protein Bars
- Peanut Butter
- Water
- Canned/Bottled Juices
- Crackers
- Infant Formula

-Hygiene Items

- Toothbrush/toothpaste
- Soap
- Water
- Toilet Paper
- Infant Diapers
- Shampoo
- Deodorant
- Feminine Hygiene Products
Tools and Other Supplies

- Scissors
- Wind-up/Battery Operated Flashlight
- Whistle
- Manual Can Opener
- Mylar Blanket
- First Aid Kit
- Medications
- Wind-up/Battery Operated Radio

How much is this going to cost?????

- It doesn’t need to be built in one day.
- Pull together items that you already have.
- Use containers that you already have.
- Food items – buy one – get one free.
- Bulk grocery stores – use the buddy system.

- Sit down as a family and plan in advance what you will do in an emergency.
- A well thought out plan will allow you to assess the situation, use common sense and take care of yourself and your loved ones.
Create a Communications Plan

Pick 2 meeting places
- Close to your home
- Within your neighborhood

Pick contact person for family members to check-in.

Review your plan yearly.

- As a leader in your community, identify 2 sites where residents you assist should meet.
- Identify how you will communicate these sites to your community.

Should I stay or should I go now?
Listen to instructions from local emergency management officials

- Shelter in Place – take shelter where you are (home, workplace, car) and stay until authorities tell you it’s safe to leave.
- Evacuation – Prepare a plan in case you don’t receive instructions. If you don’t have a car, plan for alternative types of transportation (bus, train, friends).
Be Informed...

• Learn more about:
  • Different types of emergencies and their appropriate responses
  • Which emergencies are more likely to affect your area
  • The emergency plans in your community

Be Informed...

www.albanycounty.com/health
www.health.ny.gov
www.cdc.gov
www.fema.gov
www.dshes.ny.gov
www.ready.gov
www.facebook.com/NYSDOH
www.weather.gov/aly
www.redcross.org

Questions?????
## Contact Information

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Susan Riedy</td>
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