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Burlington County Office of Emergency Management

Burlington County Health Department

Updated February 2021

Preparing For Disaster In Burlington County



Presented By:

The Burlington County Freeholders and Sheriff's Department

In conjunction with
Burlington County Office
of Emergency Management
and the Burlington County
Health Department

Call 9-1-1
For Emergencies ONLY

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For additional copies of this booklet, call Freeholders 609-265-5020, Sheriff 609-265-5127 or Health Department 609-265-5548, or online www.co.burlington.nj.us

A special thank you to former Sheriff's Officer Adam Donofrio of the Burlington County Sheriff's Department for his work on this publication. **Revised 2021.**

For More Information

The following are NON-EMERGENCY local police phone numbers you should call if you need information you cannot get elsewhere regarding disasters, evacuations or other emergencies.

FOR EMERGENCIES, CALL 9-1-1

All numbers are (609) unless indicated

Municipality	Business Hours	Non-Business Hours
	(Mon-Fri, 8am-4 pm)	(Nights, weekends, holidays)
Bass River	296-3131	296-0503
Beverly City	387-1478	267-8300
Bordentown City	298-0103	267-8300
Bordentown Twp.	298-4300	267-8300
Burlington City	386-0262	267-8300
Burlington Twp.	386-2019	267-8300
Chesterfield	291-0912	267-8300
Cinnaminson	856-829-6667	267-8300
Delanco	856-461-0357	267-8300
Delran	856-461-4496	267-8300
Eastampton	261-1717	267-8300
Edgewater Park	877-4404	267-8300
Evesham	856-983-1116	267-8300
Fieldsboro	298-9054	267-8300
Florence	499-3131	267-8300
Hainesport	298-1170	298-1170
Lumberton	267-1111	267-8300
Mansfield	298-4411	267-8300
Maple Shade	856-779-7111	267-8300
Medford	654-7511	267-8300
Medford Lakes	654-2156	267-8300
Moorestown	856-235-1405	267-8300
Mount Holly	267-0170	267-8300
Mount Laurel	856-234-1414	267-8300
New Hanover	758-7149	267-8300
North Hanover	758-3351	267-8300
Palmyra	856-829-0198	267-8300
Pemberton Borough	894-2632	267-8300
Pemberton Twp.	894-8201	267-8300
Riverside	856-461-8820	267-8300
Riverton	856-829-1212	267-8300
Shamong	859-2281	859-2281
Southampton	859-2281	859-2281
Springfield	723-5100	859-2281
Tabernacle	859-2281	859-2281
Washington Twp.	296-3131	859-2281
Westampton	261-7551	267-8300
Willingboro	877-3003	267-8300
Woodland	296-3131	859-2281
Wrightstown	296-1170	859-2281

Personal Plan

Contacts and Meeting Places

Out-of-State Contact

Name: _____

Address: _____

Day Phone: _____ Evening Phone: _____

Local Contact

Name: _____

Address: _____

Day Phone: _____ Evening Phone: _____

Meeting Places

Right outside your home: _____

Out-of-Area: _____

Draw or Attach Map to Out-of-Area Meeting Place
Remember that routes may be cut off during disaster

What To Do First

This publication is designed to best help you protect yourself and your family until emergency responders can assist you in a disaster.

If there is an emergency or disaster that affects a large area or large number of people, residents will be notified using the **Emergency Alerting System**.

THE FIRST THING TO REMEMBER is that it is essential that you understand what kind of disaster or emergency is occurring. If you suspect there is a disaster or emergency, use the procedures of the Emergency Alerting System below to determine what kind of event is occurring and use this booklet as a guide for appropriate action.

Remember, do not panic. You will be directed by your local Office of Emergency Management if there is a need to evacuate or shelter in place. Do not rely on what others tell you. It may only be rumor.

ALL SCHOOLS IN NEW JERSEY ARE REQUIRED TO HAVE PLANS FOR EVACUATION AND SHELTERING IN PLACE. DO NOT GO TO YOUR CHILD'S SCHOOL UNLESS DIRECTED.

Emergency Alerting System

1. Tune your radio to any of the following stations
WKDN—106.9FM
WBZC—88.9FM
WFPG—96.9FM
WWJZ—640AM
2. Tune in to your local or cable TV station
3. Call 2-1-1
4. Call your local police department or station (list on back inside cover)
5. Make sure all phones are charged and turned on
6. Keep this booklet with you

The Burlington County Office of Emergency Management has the ability to implement a reverse 9-1-1 system to notify YOU if necessary

Police Department **non-emergency** numbers are listed on Page 31

Introduction

Disaster can strike at any time. Both natural and man-made disasters can take lives and damage property. Sometimes we forget that disasters can happen anywhere and at anytime.

While you may not be able to prevent disasters, you can certainly prepare for them. This guide is designed to help survive a disaster until emergency responders can assist you.

Nearly every region of the country is vulnerable to some type of natural disaster. Burlington County is susceptible to hurricanes, severe thunderstorms, tornadoes, floods/flash floods, winter storms, earthquakes, landslides and forest fires.

According to the National Weather Service in Mount Holly, from January 1, 2000 to December 31, 2010:

- There were 102 thunderstorms that resulted in 1 death and 16 injuries from lightning
- There were three tornadoes, resulting in one death and 2 injuries
- There were 28 hail, 13 significant flood, 12 significant flash flood and 14 tidal flood events
- There were 14 wild and forest fires

According to the New Jersey Forest Fire Service:

- Burlington County alone averages 300 forest fires each year.
- These numbers are dramatically increased during a drought.

According to the New Jersey Geological Survey:

- The highest intensity earthquake in New Jersey history occurred on June 1, 1927 in Asbury Park. Maximum intensities reached VII on the Mercalli Intensity Scale.
- A recent earthquake in New Jersey was March 17, 2002 in Hamburg, NJ. It registered as less than a I on the Mercalli Intensity Scale.

While you may not be able to prevent disaster, you can certainly prepare for it. This booklet can help.

Evacuation

The information in the front of this booklet to Shelter In Place is to help you survive until emergency responders can assist you or you are instructed to evacuate.

If and when you are instructed to relocate, or if your life or property are in imminent danger, you should have a plan to evacuate.

Here are some recommendations for designing a plan and evacuating:

- Be familiar with local roads/escape routes
- Designate locations where to meet if the family does not evacuate together
- Predetermine a site for family to meet
- Have instructions for children written down
- Make provisions for pets
- Special needs residents and those with disabilities should consider evacuating even before being notified
- Keep your radio and/or TV tuned to a local station for updated reports and evacuation instructions
- If you have a cell phone, make sure it is charged and take it with you
- Have an out-of-state phone contact
- If you have an automatic garage door opener, disconnect it in case of a power failure
- If time allows before you leave, disconnect appliances, turn off all fuel supplies and lock doors and windows

How To Find Out More

Read *Are You Ready? Your Guide to Disaster Preparedness* from the Federal Emergency Management Agency. This book is available at the Burlington County Libraries

Ready Together NJ and NJFluPandemic.gov available at www.state.nj.us/health

- **Disaster preparedness**—www.fema.gov or www.redcross.org or www.weprevent.org or www.state.nj.us/njoem
- **Weather related disasters**—www.nws.noaa.gov/er/phi
- **Forest fire**—Forest Fire Service Division B (609) 726-9010
- **Earthquakes**—www.usgs.gov or www.state.nj.us/DEP/NJGS/
- **Burlington County Public Health Alerts -**
- http://co.burlington.nj.us/dept/health/public_health/index.htm
- **General Information**— Sheriff's Department (609) 265-5127 or County Emergency Management Office (609) 518-7200

Eight Signs of Terrorism

1. Surveillance

If someone is using a still or video camera, drawing diagrams, annotating maps, looking at blueprints or floor plans of structures that might be considered a target, report it immediately.

2. Elicitation/Seeking Information

Attempts to gain information about a place, person or operation through mail, fax, phone or in person.

3. Tests of Security

Evaluation of response by security or law enforcement to an incident, triggered by purposely penetrating security barriers or committing violations, for example, leaving a vehicle in a no-parking zone and timing security response.

4. Acquiring Supplies

Purchase or theft of explosives, weapons or ammunition, as well as storing large amounts of fertilizer and harmful chemicals. Falsifying ID documents may preclude this activity. Anyone wearing a uniform should have proper identification.

5. Suspicious People Who Do Not Belong

Any person who does not look familiar to a neighborhood, workplace or building. Don't profile people but you should profile their behavior.

6. Dry Run/Trial Run

A practice session to work out any problems that may occur during the real event, particularly a kidnapping or a bombing.

7. Deploying Assets/Getting Into Position

Look for someone who is positioning assets or materials, which could be part of a trial run.

8. Funding

Terrorists use a variety of methods to raise funds illegally. Possible indicators include, but are not limited to: suspicious credit card applications, spending, or multiple surnames at the same address; illegal drugs; bulk purchases of cigarettes or other counterfeit goods.

Report any of these signs to the NJ Office of Homeland Security and Preparedness' 24-hour hotline at 1-866-4SAFE (1-866-472-3365) or tips@njhomelandsecurity.gov

Always document:

- **What is Happening**
- **Who Is Doing It**
- **Where Is It Taking Place**
- **When Did I Observe It**
- **Why Am I Suspicious**

Shelter in Place

Shelter In Place (SIP) refers to taking refuge where you are at the time you learn of a pending or occurring disaster. This is **NOT** the same as going to a shelter during an evacuation.

Sheltering In Place involves being prepared to survive an incident, whether it be a natural disaster or an unnatural act of terrorism, until emergency response arrives.

All schools in New Jersey are required to have plans for evacuation and sheltering in place. DO NOT go to your child's school unless directed.

Your employer should have plans for evacuation and sheltering in place for employees and customers.

When to Shelter In Place

If you learn of a pending or occurring disaster and you do not have time to evacuate the effected area, you should employ your Shelter In Place plan.

You will hear from your local police, emergency coordinators or government on the radio, TV or via the internet if you should Shelter In Place.

If there is a Level Red (highest alert), listen for information and instructions. Instructions to Shelter In Place are usually provided for durations of a few hours, not days or weeks. Act quickly but do not panic.

Choosing A Location at Home

If you are in or near your home or apartment, or that of someone you know, proceed directly there and go indoors. Choose a room with as few windows or doors as possible to stay.

A large room with access to a water supply, like a master bedroom with adjoining bathroom, is desirable.

For tornadoes, hurricanes and other severe weather related disasters, the location should be low (as in basement) of the home.

For chemical, biological or radiological incidents, the location should be high in the home as vapors from some agents are heavier than air.

Continued on Next Page

Shelter in Place

What To Do

Once you have determined an appropriate room/ area in which to Shelter in Place, here are some guidelines to follow:

- Close and lock all windows and exterior doors
- If there is danger of an explosion or expected high winds, close all shades, blinds and curtains
- Turn off fans, heating and air conditioning systems
- Close the damper on the fireplace or wood stove
- Take your disaster supplies kit and radio (make sure it operates on battery mode) to the room you have designated
- Bring all pets with you, and additional food and water for them
- Seal all passages through which air can flow (doors, windows, cracks, vents, etc.) with plastic sheeting and duct tape.
- Continue to listen to your radio or TV for instructions

For more information on Sheltering In Place:

- Burlington County Health Department 609-265-5548
- Centers for Disease Control and Prevention Public Response Hotline
 - 888-246-2675 (English)
 - 888-246-2657 (Español)
 - 866-874-2646
- Emergency Preparedness and Response for Public Health Emergencies
 - web site: <http://www.bt.cdc.gov/>
 - Email: cdcresponse@ashastd.org
 - Postal: Public Inquiry c/o BPRP
 - Bioterrorism Preparedness and Response Planning
 - Centers for Disease Control and Prevention
 - Mailstop C-18
 - 1600 Clifton Road
 - Atlanta, GA 30333

Man-made Disaster

come into contact with something that you believe may be a biological or chemical agent, immediately call your local law enforcement agency and follow their instructions. Typically this will include isolating the area, containing the contaminant, and washing with soap and water to remove the possible contaminant from your skin.

Disaster Kit Checklist

- | | |
|--|---|
| <input type="checkbox"/> Water | <input type="checkbox"/> Sanitary needs |
| <input type="checkbox"/> Food | <input type="checkbox"/> Battery powered flashlight, battery powered radio, and extra batteries. |
| <input type="checkbox"/> Manual Can Opener | <input type="checkbox"/> Liquid Bleach |
| <input type="checkbox"/> Plates and Eating Utensils | <input type="checkbox"/> Clear Plastic and Duct Tape |
| <input type="checkbox"/> Fire Extinguisher | <input type="checkbox"/> Special needs items for infants, elderly, and persons with disabilities. |
| <input type="checkbox"/> Clothing | |
| <input type="checkbox"/> Bedding | |
| <input type="checkbox"/> First Aid Kit | |
| <input type="checkbox"/> Non-prescription drugs | |
| <input type="checkbox"/> Extra prescription drugs (contact your doctor or pharmacist). | Note: Check expiration dates frequently |
| <input type="checkbox"/> Extra prescription eyeglasses/contacts. | |

Documents Checklist

- | | |
|--|--|
| <input type="checkbox"/> Social Security Card | <input type="checkbox"/> Proof of Residence |
| <input type="checkbox"/> Driver's License | <input type="checkbox"/> Mortgages |
| <input type="checkbox"/> Birth Certificate | <input type="checkbox"/> Stocks |
| <input type="checkbox"/> Marriage Certificate | <input type="checkbox"/> Bonds |
| <input type="checkbox"/> Passport | <input type="checkbox"/> Vehicle Titles |
| <input type="checkbox"/> Immunization Records | <input type="checkbox"/> Tax Information (tax returns) |
| <input type="checkbox"/> Medical/medicines information | <input type="checkbox"/> Pictures |
| <input type="checkbox"/> Bank Account Numbers | <input type="checkbox"/> Your Picture/Video Inventory of Your Property |
| <input type="checkbox"/> Contracts | |
| <input type="checkbox"/> Will | <input type="checkbox"/> Jewelry |
| <input type="checkbox"/> Insurance Policies | <input type="checkbox"/> Health Insurance Cards |
| <input type="checkbox"/> Deeds | <input type="checkbox"/> Extra Cash |

Man-made Disasters

Terrorist Attack

These attacks are designed to be unexpected. This leaves little room for preparation. Use your general disaster principles as preparation. Be sure to have a disaster kit prepared, listen for evacuation routes, and regularly conduct drills. When you are in a public place, always know where the emergency exits are located.

You can help to prevent terrorism. **Immediately call 911** if you see someone with a weapon or suspicious package; or if you hear someone threaten to immediately use a weapon, bomb, or biological/chemical agent.

If you hear someone discuss a *future plan* to illegally use a weapon, mail a dangerous package/letter, set off a bomb, or release a harmful substance **immediately call your local law enforcement agency** (look for your local law enforcement agency's phone number in the back of this booklet).

The Burlington County Sheriff's Department and the Burlington County Prosecutor's Office offer Anti-Terrorism Awareness Training designed by the Office of Homeland Security Protection to groups upon request. Just call the Burlington County Sheriff's Department at 609-265-5127 to schedule.

Biological or Chemical Disaster

If you are in danger from a biological or chemical attack or accident, you will be advised to either evacuate immediately, or take shelter in your home (known as "shelter in place"). If told to take shelter in your home; turn off your ventilation and seal all doors, windows, chimneys, vents, and any other openings with clear plastic and duct tape. If you

Shelter in Place

In Your Vehicle

As soon as you hear advice to shelter in place, determine if you can get to your home, your place of work or a public building in a short period of time. Follow the shelter in place guidelines listed previously.

If you are not able to get home or to a building quickly and safely, follow these guidelines:

- Pull off the road to a safe place as not to interfere or endanger emergency vehicles
- If the weather is sunny and warm, select a cool, shady area to avoid overheating; if the weather is cold and windy, select an area that is in the sun and away from trees or utility lines
- Get anything in the trunk that you may need (i.e. blanket, first aid kit, etc.)
- Close windows and vents
- Turn off the engine
- Display Shelter in Place sign
- If possible, seal heating/air conditioning vents with duct tape
- Listen to the radio frequently for updated advice and instructions
- Contact family or friends to let them know where you are
- Do not attempt to get back on the road unless instructed to do so
- Remember that many roads and/or bridges may be closed



Some items that are recommended to keep in your car:

- Blanket
- Bottle of water
- Roll of duct tape
- Pen/pencil and paper
- First-aid kit
- Maps
- Shelter in Place sign
- Flashlight/extra batteries

Isolation and Quarantine

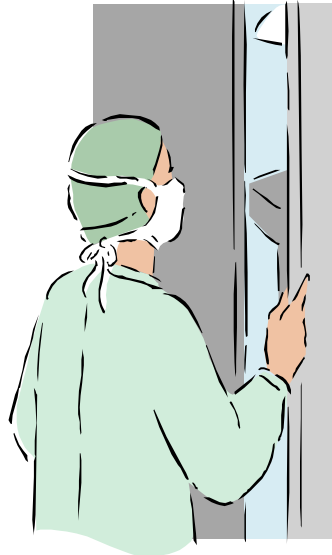
To contain the spread of a highly contagious illness, public health authorities sometimes rely on isolation and/or quarantine. Isolation is for people who are ill, and quarantine is for people who have been exposed but are not sick and may or may not become ill.

ISOLATION: FOR PEOPLE WHO ARE ILL

When someone is known to be ill with a contagious disease, they are placed in isolation and receive special care, to protect uninfected people from exposure to the disease.

Isolation is a standard procedure used in hospitals today for patients with tuberculosis (TB) and certain other infectious diseases.

In most cases, isolation is voluntary; however, federal, state and local governments have the authority to require isolation of sick people to protect the public.



QUARANTINE: FOR PEOPLE WHO HAVE BEEN EXPOSED BUT ARE NOT ILL

When someone has been exposed to a contagious disease and it is not yet known if they have contracted it, they may be quarantined or separated from others who have not been exposed to the disease.

For example, they may be asked to remain at home to prevent the further potential spread of the illness. They also receive special care and observation for any early signs of the illness. Quarantine can be highly effective in protecting the public from the spread of disease.

In most cases, isolation is voluntary; however, federal, state and local governments have the authority to require isolation of sick people to protect the public.

Man-made Disasters

Nuclear Accident

If a nuclear power plant were to release radiation, you promptly will be given warning and instructions on the Emergency Alerting System on local television and radio stations.

· **Be alert for the following terms:**

Notification of Unusual Event – A small problem has occurred at a nuclear power plant. No radiation leak is expected. There should be no necessary action on your part.

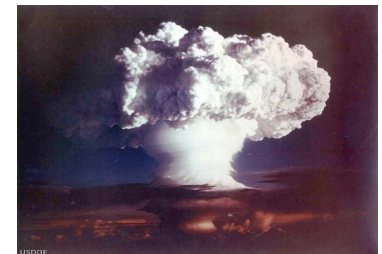
Alert – A small problem has occurred. Radiation may leak inside the plant. This will not affect the public, and no action should be required on your part.

Site Area Emergency – A significant problem has occurred, and small amounts of radiation could leak from the plant. Monitor your television or radio and evacuate immediately if told to do so.

General Emergency – This is the most serious problem. Radiation could leak from the plant and plant site. Monitor your television or radio for reports. Be prepared to evacuate. Make sure you listen carefully to the evacuation routes as they will be leading you away from dangerous areas.

Nuclear Attack

- If there is a threat of nuclear attack persons near potential targets will be told to evacuate.
- Protection from fallout would require an underground shelter, a cave, or even the middle of a large building.



Natural Disasters

Forest Fires

Forest fires are a frequent threat to Burlington County. According to the New Jersey Forest Fire Service 40 percent of all forest fires in New Jersey are caused by arson. The second most common cause is children.



You can help to prevent forest fires by:

- **Never Leaving a Campfire Unattended**
- **Never Starting a Campfire without a Permit** - If there is a fire ban due to excessive fire danger, you will not be issued a permit. Also, this will alert the Forest Fire Service to the presence of your campfire, so they won't mistake it for a forest fire.
- **Always Making Sure Your Campfire is Out** - Drown the fire in water. Make sure all embers are out. Make sure all rocks and sticks are wet and cool. Stir the remains, add more water, and stir again. Keep adding water and stirring until all materials are cool enough to be touched with your bare hand.
- **Safely Disposing of Matches and Cigarettes/ Cigars**

You can protect your home by:

- Cleaning leaves and pine needles from your gutters and roof.
- Keeping firewood at least 30 feet away from your house.
- Keeping a green, well watered lawn.
- Keeping flammables in safety cans.
- Removing dead limbs from trees near your house.

Pandemic Flu

General Information

A pandemic is a global disease outbreak. An influenza (flu) pandemic occurs when a new influenza virus:

- Emerges that people have never experienced before
- Begins to cause serious illness in humans
- Spreads easily person-to-person worldwide



Reducing Your Risk

Protect yourself from flu by taking the same steps you would to guard yourself against colds and other viruses.

- Cover your nose and mouth with a tissue when you sneeze or cough
- Wash your hands with soap and water frequently throughout the day, especially after coughing or sneezing. Do not rub eyes, mouth or nose and wash hands before touching them
- Stay home from work or school when you are ill
- If there is flu in your area, avoid crowded and poorly ventilated public areas
- If you experience flu symptoms, consult a doctor and stay at home

What can you do to be prepared?

If pandemic flu occurs, be prepared to shelter in place for at least two weeks. In addition to the Disaster Preparedness Checklist that is included in this book, you will want to include basic medical supplies such as a thermometer, pain and fever reducing medication, tissues and surgical masks.

During a pandemic flu event, information will be available through the media and county web site (<http://www.co.burlington.nj.us>) to keep you updated.

General Disaster Principles

- [Know your evacuation routes](#) – Make sure your family is aware of routes out of the home in case of fire. Evacuation routes will be decided by the nature and location of the disaster. In a time of disaster, monitor television or radio for more evacuation routes and information on public shelters.
- [Designate meeting places](#) – Prearrange a meeting place outside of your home. All family members should meet there in the event of a fire or other home emergency. Also designate an out-of-area meeting place in case you are away from home and unable to return.
- [Arrange an out-of-state contact](#) – Each family member should keep the phone number of an out-of-state contact with them. During a disaster, each family member should call this contact if anyone is lost or separated. Local phone service is frequently disrupted during disasters, but calls to an out-of-state contact will usually get through.
- [Pets will not be allowed in public shelters](#) – For health reasons, pets are not allowed in public shelters. Try to arrange to leave your pets with a friend out of the area, or bring them to a “pet friendly” hotel. More information on pet care during a disaster will follow.
- [Prepare a disaster kit](#) – Before disaster strikes have emergency supplies prepared. A detailed list of items can be found on **Page 13**.
- [Keep your vehicle fueled up](#) – During a disaster, fuel stations most likely will be closed.
- [Take pictures and/or a video of your home and valuables immediately](#) – You will want proof of what your possessions are, and what their condition is. Also, after any damage is done, take pictures and/or a video again, to show contrast.

Natural Disasters

Winter storms

Be alert for these terms:

[Winter Weather Advisory](#) – Cold, ice, and snow expected.

[Winter Storm Watch](#) – Heavy snow and/or ice is possible within the next 24-48 hours.

[Winter Storm Warning](#) – Severe winter storm conditions are beginning.

[Blizzard Warning](#) – Heavy snow and high winds are expected. This will cause blinding snow, almost zero visibility, deep snow drifts, and dangerous wind chill.

[Frost/Freeze Warning](#) – Temperatures are expected to drop below freezing.

- Keep heating fuel at sufficient level.
- Be prepared for isolation. Be sure you have sufficient food and water supplies.
- Prepare an emergency kit for your vehicle. Include the following items;
 - Cellular phone.
 - Blankets or a sleeping bag.
 - A flashlight with extra batteries.
 - A first aid kit.
 - Water in an insulated container.
 - Non-perishable food that does not require cooking, refrigeration, or re-hydration.
 - Sand or cat litter to add traction to your tires if you become stuck.
 - A shovel.
 - A tow line.
 - Waterproof matches.
 - Windshield scraper.
- Avoid driving in snow and ice.
- Keep vehicle’s gas tank near full. Fuel stations may be closed. Also keeping your gas tank near full will help you to avoid ice in the tank and the fuel lines.

Natural Disasters

Earthquakes:

According to the United States Geological Survey, there is a worldwide average of 10,000 earthquake-related deaths each year.

Prepare your home

- Repair defective wiring, leaking gas lines, and inflexible connections.
 - When putting items on open shelves, always put heavier and breakable items on lower shelves.
 - Make sure overhead lighting is well secured.
 - Repair any cracks in ceilings or in the foundation.
- Earthquakes are sudden and without warning. Identify safe places in each room of your home. Regularly perform earthquake drills, and move to these designated areas with every family member.
 - When looking for a safe place, try to find desks or tables to get under. If none are available move to an inside wall.
 - In crowded places do not rush toward a doorway. Most of the crowd will also be attempting to get to the door. Look for a safe place to hide.



- If you are driving when an earthquake begins, safely come to a complete stop. Do not get out of the vehicle. Avoid stopping in a parking garage, under power lines, on a bridge, or under an overpass.

General Disaster Principles

- Keep your important documents and pictures together – If you are forced to evacuate quickly, you will want access to the following without having to search for them:
 - Social Security Card
 - Driver's License
 - Birth Certificate
 - Marriage Certificate
 - Passport
 - Immunization Records
 - Bank Account Numbers
 - Contracts
 - Will
 - Insurance Policies
 - Deeds
 - Proof of Residence
 - Mortgages
 - Stocks
 - Bonds
 - Vehicle Titles
 - Pictures
 - Jewelry
 - Your Picture/Video Inventory of Your Property
 - Health Insurance Cards
 - Tax Information (tax returns)
 - Medical information sheet with written description of regular medications and name and phone number of your pharmacy
 - Extra cash – you will not be able to get money from ATMs and banks if power is interrupted

Consider Volunteering

County Animal Response Team (CART)

CART@co.burlington.nj.us

Community Emergency Response Team (CERT)

CERT@co.burlington.nj.us or 609-265-5103

Fire or Emergency Medical Responder (EMR)

609-702-7157x3902 or staylor@co.burlington.nj.us

Medical Reserve Corps (MRC)

609-265-5548 or mflatley@co.burlington.nj.us

Red Cross (Burlington Co. Chapter)

609-267-9595 or chapter@redcrossbcnj.org

Salvation Army 908-851-8238/908-403-5416/973-690-0958 or Russell.hendrickson@use.salvationarmy.org

It is best to keep these items in a fire-resistant safe to provide added protection.

- Know how to shut off your utilities – When you need to evacuate, shut off your electric, water, and gas. Learn how to do this ahead of time.

General Disaster Principles

- [Learn First Aid and CPR](#) – Courses are offered by Emergency Medical Services (EMS) squads, the American Heart Association, the American Red Cross, and the National Safety Council.
- [Practice your safety routines](#) – Conduct regular drills to practice evacuating your house, getting to safe areas in your home (for earthquakes, tornadoes, flooding, etc.), and reaching predetermined meeting places.
- [Remember that certain family members may have special needs](#) – If you are forced to evacuate, remember that infants and elderly have special needs. Be sure to bring items that they will need.
- [Make sure you plan ahead for family members with disabilities](#) – Be sure to bring wheel chairs, hearing aids, prostheses, walkers, crutches, medications, etc.
- [Tap water can become contaminated during a disaster](#) – Particularly with flooding, tap water should be avoided during a disaster. If there is warning before the disaster strikes, sterilize and fill your bath tub. Also you should always keep an emergency supply of bottled drinking water.

Pet Care in time of disaster

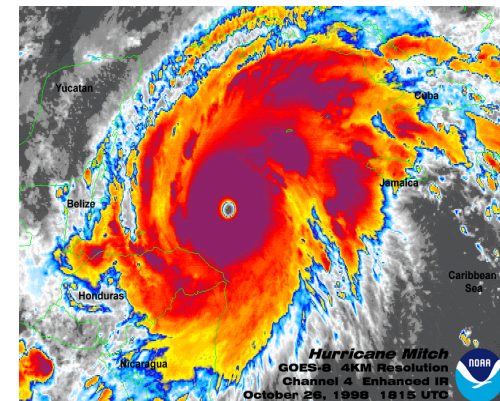
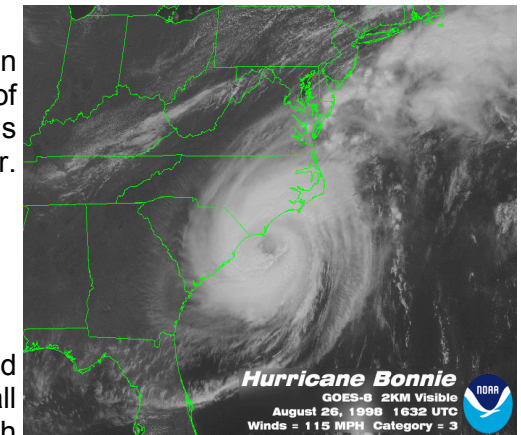
- If possible, bring your pets with you if you are evacuated. If it is unsafe for you to remain, it is also unsafe for your pets.
- As always, your pet should have a tag on it with your name and phone number.
- In addition, you should also have an out-of-area contact name and number. If you are separated from your pet during an evacuation, your phone number on the pets ID tag will be useless.
- Keep your pet's health certificate and photo with you. You may need to prove ownership or that the pet is properly vaccinated.
- Make sure you have a pet carrier or leash.

Natural Disasters

Look for these terms:

- [Hurricane/Tropical Storm Watch](#) – A hurricane/tropical storm is *possible* within the next 36 hours in the watch area.
- [Hurricane/Tropical Storm Warning](#) – A hurricane/tropical storm is *expected* within 24 hours in the warning area.

- Hurricanes cause an average of 17 deaths each year. However, hurricanes can produce tornadoes, floods, and lightning; all of which have much higher fatality rates. During the threat of a hurricane, secure all doors and windows. Secure any loose objects in your yard. Be prepared to evacuate immediately.



Natural Disasters

Hurricanes Facts

- According to the National Weather Service, the definition of a hurricane, a tropical storm, and a tropical depression are:
 - Tropical Depression** – An organized system of persistent clouds and thunderstorms with a closed low-level circulation and maximum sustained winds of 38 mph.
 - Tropical Storm** – An organized system of strong thunderstorms with a well defined circulation and maximum sustained winds of 39 to 73 mph.
 - Hurricane** – An intense tropical weather system with a well defined circulation and sustained winds of 74 mph or higher.
- Hurricanes are rated on the Saffir-Simpson Hurricane Scale. This scale rates hurricane intensity and is based on sustained wind speed and estimated property damage.

Saffir-Simpson Hurricane Scale		
Category	Sustained Winds	Damage Levels
1	74-95 mph	Minimal: Damage to shrubbery, trees, foliage and unanchored mobile homes. No real damage to other structures.
2	96-110 mph	Moderate: Some trees blown down. Major damage to exposed mobile homes. Some damage to roofing materials, windows, and doors.
3	111-130 mph	Extensive: Large trees blown down. Mobile homes destroyed. Some structural damage to roofing materials of buildings. Some structural damage to small buildings.
4	131-155 mph	Extreme: Trees blown down. Complete destruction of mobile homes. Extensive damage to roofing materials, windows and doors. Complete failure of roofs on many small buildings.
5	156+ mph	Catastrophic: Complete failure of roofs on many homes and buildings. Extensive damage to windows and doors. Some complete building failure.

General Disaster Principles

Disaster Kit

The following is a list of recommended necessities for sustaining yourself in an emergency until relief arrives.

- Water** – Store a 3-5 day supply of water (one gallon per person per day). Replace stored water every 6 months.
- Food** – Store at least a 3 day supply of non-perishable food that requires no refrigeration, cooking, or re-hydration. Avoid foods high in protein, fat, and salt. Unlike water, food supplies can easily be stretched by rationing (except with pregnant women and children). Try to eat at least one complete meal each day.
- Note: Frequently check expiration dates and replace food before it expires. Replace all stored food every six months.
- Manual Can Opener, Plates, and Eating Utensils** – You will need these items for eating your food. Try to use plates that will not break easily.
- Fire Extinguisher** – Make sure you know how to use it and check the expiration date regularly.
- Clothing** – Each person should have at least one complete change of clothes and shoes. Be sure to have plenty of warm clothing (coats, hats, gloves, etc.). Include rain gear. Make sure you have sturdy boots and/or boots.
- Bedding** – Bedding will be necessary if you are evacuated. A pillow and sleeping bag for each person is best. If sleeping bags are not available each person should have two blankets.



General Disaster Principles

First Aid Kit – should include the following items:

- Adhesive bandages in assorted sizes
- Adhesive medical tape
- 4X4 Gauze pads
- Rolled gauze
- Antiseptic
- Latex gloves
- Triangular bandages (cravats)
- Cotton balls
- Hot packs
- Cold packs
- Tweezers
- Scissors
- Thermometer

Non-Prescription drugs

- Aspirin
- Antacids
- Anti-diarrhea
- Laxatives
- Tooth-ache remedy
- Antihistamine

Note: Check expiration dates frequently

Prescription drugs

Keep a list of all prescription drugs taken on a regular basis, name of prescribing doctor, and pharmacy name and number. Always have at least a one-week supply.

Sanitary needs

- Soap
- Shampoo
- Toilet paper
- Disinfectant
- Tooth brush and tooth paste
- Feminine supplies
- Deodorant
- Garbage bags
- Wash cloth and small towel
- Shaving kit



Natural Disasters

Tornado Facts

- There are three main classifications of tornadoes:
 - **Weak Tornadoes** – This class represents 69 percent of tornadoes and less than 5 percent of tornado related deaths. These tornadoes consist of winds slower than 110 mph and typically last less than 20 minutes.
 - **Strong Tornadoes** – 29 percent of tornadoes are strong tornadoes. These account for 25-30 percent of tornado related deaths. These tornadoes may last 20 minutes or longer and average 110 - 205 mph.
 - **Violent Tornadoes** – Although only 2 percent of tornadoes are in the violent class, they account for 70 percent of tornado-related deaths. Their wind speed is typically greater than 205 mph and can last more than 1 hour.
- Tornadoes cause an average of 69 deaths per year.
- Areas near rivers, lakes, and mountains are not safe from tornadoes.
- The majority of damage caused by tornadoes is from strong winds and debris hitting buildings. Opening windows allows these winds into your home. **DO NOT OPEN YOUR WINDOWS DURING A TORNADO.** Immediately move to a safe place.
- During a tornado, seek shelter underground (basement, storm cellar, etc.). If no underground shelter is available, move to an interior room or hallway on the first floor. Decide where you will seek shelter before a tornado strikes, and have family drills to practice moving to the shelter.
- If you are in a vehicle of any type or in a mobile home, seek more suitable shelter immediately. If none is available look for an ditch, ravine, or depression. Lie flat and cover your head with your arms. Never attempt to outrun a tornado in your vehicle.
- Report sightings of revolving funnel clouds to your local law enforcement agency.

Natural Disasters

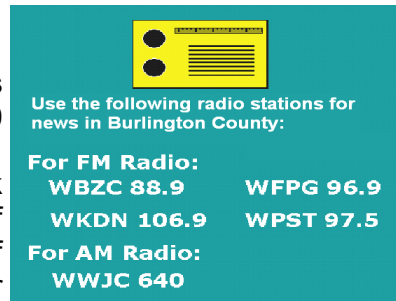
Tornadoes and Severe Thunderstorms

Some terms to be aware of:

- **Severe Thunderstorm Watch** – Severe thunderstorms are possible in *watch* area.
- **Severe Thunderstorm Warning** – Severe thunderstorms are occurring.
- **Tornado Watch** – Tornadoes are possible, remain alert.
- **Tornado Warning** – A tornado has been sighted or indicated by weather radar. Immediately prepare to take shelter.

Lightning Facts:

- Lightning causes an average of 80 deaths each year.
- You can be stuck by lightning even if it is not raining. If you can hear thunder, you can be struck by lightning.
- The rubber soles of your shoes and the rubber tires on your car **WILL NOT** protect you from lightning. However, you are safer inside a vehicle than outdoors as long as you are not touching any of the vehicle's metal.
- If you are caught outdoors during a thunderstorm and cannot find shelter or a vehicle, find a low spot away from poles and trees. If you feel your skin tingle or hair stand on end, immediately crouch low to the ground and stand on the balls of your feet. Be sure to interlace your hands behind your head and place your head between your knees. Do not lie down; instead try to minimize your contact with the ground.



Use the following radio stations for news in Burlington County:

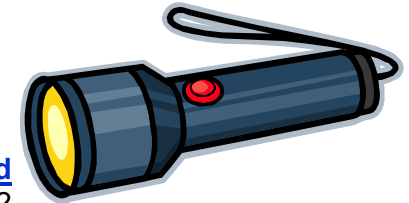
For FM Radio:	WBZC 88.9	WFPG 96.9
	WKDN 106.9	WPST 97.5
For AM Radio:	WWJC 640	

General Disaster Principles

Extra prescription eyeglasses/contacts

Liquid Bleach — for use to treat water (see water treatment in this publication). Use only liquid bleach with 5.25 percent sodium hypochlorite. Do not use color safe or scented bleach.

Battery powered Flashlight



Battery powered radio

— There are 2 primary types of radios to choose from. Standard AM/FM is like the type in your car. NOAA Weather Radio is a radio that constantly receives weather broadcasts. NOAA radios are available in many electronics stores. *Note: Using a standard AM/FM radio can also provide entertainment while you are waiting for power to return.*

Extra Batteries

Replace all batteries every year.

Special needs items for infants, elderly, and persons with disabilities

- Medications
- Diapers
- Special foods/formulas
- Bottles
- Car seat
- Wheelchair, walker, cane, etc.
- Dentures

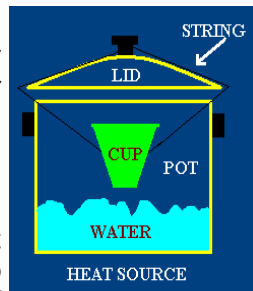
Note: Check expiration dates frequently.

Clear Plastic and Duct Tape — for shelter-in-place. See the “biological or chemical disaster” section of this publication for more information.

General Disaster Principles

Water Treatment

- **Storing Water** – It is best to store water in thoroughly cleaned plastic bottles that have held water or soft drinks already. Never use bottles that have held toxic materials. Seal water containers tightly, and store them in a dark and cool place. Replace stored water (and food) every 6 months. To improve the taste of stored water, pour it back and forth between two clean containers. This will add oxygen to the water. This will also improve the taste of water treated by the boiling method.
- **Finding Water in Your Home** – If you do not have stored water when disaster strikes, you can find it in your hot water tank, pipes, ice (made before disaster), and the reservoir tank of your toilet (not the bowl).
- **Treating Water** – Two methods of treating water are boiling and disinfecting. These two methods will kill microbes, but will not remove heavy metals, salts, or chemicals. Before boiling or disinfecting let any suspended particles in the water settle to the bottom or strain them through layers of paper towels or cloth. Boiling water for 3-5 minutes is the safest method of treating water. To disinfect water, mix 16 drops of household bleach with 1 gallon of water, stir it, and let it sit for 3 minutes. If water *does not* have slight bleach scent, repeat the dosage and let stand for another 15 minutes. Only use liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use any scented bleaches, color-safe bleaches, or bleaches with added cleaners. Do not use iodine or other water treatment products that do not consist of 5.25 percent sodium hypochlorite as the only active ingredient. Another way to treat water is distillation. Distillation will remove microbes that resist the other two methods, and remove heavy metals, salts, and most other chemicals. To perform distillation, pour water into a pot, tie a cup to the handle on the pot's lid so the cup will hang open end up when the lid is on the pot. Make sure the cup is not touching the water. Boil the water for 20 minutes. Water will drip from the lid into the cup, distilled. Drink only the water that accumulates in the cup.



Natural Disasters

Floods

The term flash flood refers to flooding within 6 hours of the rain event. Flooding refers to a long term event that may last a week or more. Flash floods are typically caused by slow moving thunderstorms. The two main factors that contribute to the creation of flash floods are the intensity and the duration of the rainfall. Flash floods can happen within minutes or hours, and there is usually little or no warning when they occur.

Floods cause an average of 146 deaths each year. The majority of flood related deaths are due to flash floods. Flash floods are the No.1 cause of all weather-related deaths.

- During a storm monitor television, radio, or NOAA radio. Listen for these terms:
 - **Flood Watch** – Flooding is possible within *watch* area. Be alert and continue to monitor news channels for more information.
 - **Flash Flood Watch** – Flash flooding is possible within *watch* area. Prepare to move to higher ground.
 - **Flood Warning** – Flooding is imminent or occurring. Prepare to evacuate immediately.
 - **Flash Flood Warning** – Flash Flooding is imminent or occurring. Prepare to evacuate immediately.
 - **Urban and Small Stream Advisory** – Flooding of small streams, streets, and low lying areas.
 - **Flood or Flash Flood Statement** – Follow-up information regarding the current event.

Note: During a flood, always evacuate to higher ground.

- Contact your local municipality to find if you are in a flood prone area, and if there are nearby dams that pose a flood threat.
- Flooding can contaminate tap water.
- Do not walk or drive through moving water. Six inches of water is enough to knock you off your feet; 2 feet of water is enough to carry off most cars.