



## NJ Office of Emergency Management

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## Change Clocks, Check and Update Plans

On Sunday March 8, 2009 when we turn our clocks forward, Colonel Rick Fuentes, Superintendent of the New Jersey State Police and Director of the New Jersey Office of Emergency Management is encouraging all New Jersey residents to create an emergency kit and plan for the home and workplace.

“During the bi-annual clock change, we are reminded by various officials to check our safety devices, especially smoke and carbon monoxide detector batteries. This year in addition to the traditional time change we encourage all New Jersey residents to devise a disaster plan and develop a disaster kit. For those who have already created a disaster plan and kit this will serve a reminder to check and update plans and kits,” said Fuentes.

There are several things that New Jersey residents can do to prepare for the unexpected as well as reduce stress and confusion during an actual emergency. The basics of preparedness for virtually all hazards are the same. Following the appropriate steps and being ready “**now**” means that residents will be ready for any disaster or crisis that may affect New Jersey.

“Planning and preparation are the key steps to safety. By taking time to create an appropriate emergency plan for yourself, your family or place of business, you are readying your environment for any potential emergency,” added Fuentes.

The following are some quick tips for emergency preparedness:

STEP ONE: "GET A KIT" of Emergency Supplies

### ITEMS FOR YOUR HOME

- Three days' supply of canned, non-perishable, ready-to-eat **FOOD**
- Three days' supply of **WATER** (a total of **three gallons per family member**)
- **Battery-operated RADIO** and extra batteries
- **FLASHLIGHT** and extra batteries
- One week's **prescription MEDICATIONS**

- **FIRST AID KIT**
- Personal **TOILETRIES**
- Non-electric **CAN OPENER** and **UTENSILS**
- **SPECIAL NEEDS** items:
  - INFANT care items
  - Items for ELDERLY family members
  - Items for relatives with DISABILITIES
- **CASH** or **TRAVELERS CHECKS**
- Store important **DOCUMENTS** in a waterproof, safe location

### **IN CASE YOU NEED TO EVACUATE**

- Keep a half-gallon of **GAS** at all times
- Every family member must carry **CONTACT INFORMATION**:
  - All phone numbers at work, school, etc. for every family member
  - The name and number of a relative who lives out-of-state, to call in case your family gets separated.

### **STEP TWO: "MAKE A PLAN" for Yourself, Your Family or Your Business**

- Meet with the members of your household or office
- Talk about the types of disasters that are most likely to happen in your area
- Take time to explain the dangers of emergency incidents to children
- Discuss why everyone needs to prepare for a disaster
- Address any special needs concerns in the event of an emergency
- Build an emergency contact phone list
- Make provisions for pets
- Remember to establish and share emergency incident responsibilities
- Emphasize that teamwork and staying calm are key

**For more in depth information regarding emergency preparedness and planning please log on to: <http://www.ready.nj.gov/plan/kit-plan.html>**

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To stay informed about disasters and emergencies in New Jersey via social media, follow the NJOEM on [Twitter @ReadyNJ](#), "like" us on [www.facebook.com/READYNEWJERSEY](http://www.facebook.com/READYNEWJERSEY), or get email and text message alerts via [www.Nixle.com](http://www.Nixle.com) or [www.njalert.gov](http://www.njalert.gov).