



NJ Office of Emergency Management

Colonel Rick Fuentes
Superintendent, New Jersey State Police
State Director of Emergency Management

Major Dennis McNulty
Commanding Officer, Emergency Management

FOR FURTHER INFORMATION:

Nicholas J. Morici
(609) 882-2000 ext. 6209
(609) 273-7008 - cell

FOR IMMEDIATE RELEASE:

March 11, 2010

PREPARE TO SPRING FORWARD

On Sunday March 14, 2010 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. In addition to the traditional time change safety checks, 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.

"Our goal is to empower all residents to become their household's emergency managers until first responders arrive on scene to lend professional assistance. 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.

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 gallon of **GAS** at all times in a secured area away from other flammables
- 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

- **Address any family member's special needs concerns in the event of an emergency**
- Take time to explain the dangers of emergency incidents to children
- Meet with the members of your household or office and create a plan with everyone's input
- Talk about the types of disasters that are most likely to happen in your area
- Discuss why everyone needs to prepare for a disaster
- 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>

###

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, or get email and text message alerts via www.Nixle.com or www.njalert.gov.