



County of Rockland Department of Health NEWS RELEASE

FOR IMMEDIATE RELEASE
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CONTACT: Joan H. Facelle, M.D., MPH
845-364-2512

Department of Health announces September is National Preparedness Month

Pomona, NY – Does your family have an emergency plan, and emergency supplies set aside? Emergencies can happen at any time - are you and your family prepared?

“September is National Preparedness Month. It’s the perfect time to take action and get yourself and your family ready for an emergency, whether it is natural or man-made, by taking these three simple steps: put together an emergency supply kit, make a family emergency plan, and be informed,” said Dr. Joan H. Facelle, Rockland County Commissioner of Health.

1. Put together an emergency supply kit:

There are some basic items that every person needs:

- One gallon of water per person per day for three days
- Food for your family for three days
- Battery-powered radio and NOAA Weather Radio with tone alert (or you can subscribe to the NY-ALERT system at www.nyalert.gov so that emergency weather alerts are sent directly to your e-mail or cell phone, etc.)
- Flashlight, extra batteries, first aid kit and pet food and water

Some of you may need to include the special supplies you rely on for health and safety, such as:

- At least three day's supply of medicines or medical treatments
- Important documents, and a copy of prescriptions, dosage and treatment information
- Eyeglasses, hearing aids and batteries, wheelchair batteries, and oxygen
- Copies of medical insurance, Medicare and Medicaid cards
- Information on any equipment or life-saving devices you use

2. Make a family emergency plan:

In an emergency, you may be able to stay in your home, or you may have to leave. It's important to have a plan ready for either situation. Also, your family may not be together when an emergency strikes, so it is important to plan ahead: how you will contact one another; how you will get back together; and what you will do in different situations. It may be easier to make a long-distance phone call than to call locally, so an out-of-town contact may be in a better position to talk with separated family members. Be sure every member of your family knows the emergency contact phone number and has a cell phone, coins, or a prepaid phone card.

3. Be informed:

To learn about possible natural or man-made emergencies that could happen in Rockland County and the best way to respond to them, and to learn about emergency plans that have been set up in our area visit www.rocklandgov.com/Fire/emergency.htm or call the Health Department at (845) 364-2660.

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During an emergency, tune your radio to the Rockland County Resident Information Station at 1640 AM to receive continuous information about the emergency and instructions you may need to take to ensure your safety. (Other local radio stations are WRCR at 1300 AM and WHUD at 100.7 FM). Updated information will also be available on the County website www.rocklandgov.com and the Health Department website www.rocklandgov.com/health. Automated verbal and printed emergency preparedness information may be available by calling the Rockland County Residents Information Service at (845) 364-8990.

For more information on getting prepared, call the U.S. Department of Homeland Security Ready Campaign at 1-800-BE-READY, TTY 1-800-462-7585 or visit their website at www.ready.gov, where you'll find free preparedness resources such as Family Emergency Plan templates, Emergency Supply Kit Checklists, and much more. The Ready Web site also has a special section for kids, ages 8-12, (Ready Kids) and small- to medium-sized businesses (Ready Business).

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