

Nassau County Department of Health

✓ Get a Kit

✓ Make a Plan

✓ Stay Informed

Step 1: Make An Emergency Supply Kit and "Go Bag"

- An Emergency Supply Kit should include non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries; as well as:
- Bedding and clothing (sleeping bags and pillows)
- First aid kit
- Copies of important documents: driver's license, Social Security card, proof of residence, insurance policies, wills, deeds, birth and marriage certificates, tax records, etc.
- Medical information (history, allergies, etc.)
- Emergency contact information
- Unique family needs such as prescription medications, pet supplies, infant supplies or any other unique need your family may have
- Make a Go Bag in case you need to evacuate in a hurry, include everything from above, maps, and put in a copy of your family's emergency plan.

Step 2: Make a Plan and Prepare Your Family

- Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency
- Plan places where your family will meet, both within and outside of your immediate neighborhood
- Identify an out-of-town contact who can help facilitate communication among separated family members
- Ensure you have a 7 day supply of water (for each person in your home) for drinking, cooking and sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.
- Store non-perishable food where it is safe should flooding occur
- Inquire about emergency plans at work, daycare and school. If no plans exist, consider volunteering to help create one.
- Always keep a full tank of gas in your vehicles
- Identify several places to go if you need to evacuate—an out-of-town friend's house, a hotel or public shelter- take your Emergency Supply Kit with you
- If you do not have a car, plan for alternates means of transportation
- Make a plan for your pet

Step 3: Be Informed

- Familiarize yourself with hurricane-related terms
- A hurricane watch means a hurricane is possible. Prepare to evacuate and monitor local radio/television news
- A hurricane warning is when a hurricane is expected. If local authorities advise you to evacuate, leave immediately.

- Take a Community Emergency Response Team (CERT) class. Sign up at: www.nassaucountyny.gov/agencies/OEM/CC/CERT/training.html
- Join the Medical Reserve Corps: <http://www.nassaucountyny.gov/agencies/Health/MRC.html>

Step 4: Prepare Your Home

- Cover all of your windows with pre-cut ply wood or hurricane shutters
- Bring in or tie down outdoor furniture, decorations, garbage cans, etc.
- Keep all trees and shrubs well trimmed
- Turn off utilities as instructed. If not, turn the refrigerator thermostat to its coldest setting and keep its doors closed
- Turn off and secure propane tanks

Helpful Resources

Remember -“911” Calls Are For Emergency Situations Only

Nassau County Department of Health (516) 227-9697
 Nassau County Office of Emergency Management (516) 573-0636
 Nassau County Main Number(516) 571-3000
 Nassau County American Red Cross (516) 747-3500
 Nassau County Police (516) 573-7000
 Town of North Hempstead (516) 627-0590
 Town of Hempstead (516) 489-5000
 Town of Oyster Bay (516) 677-5757
 City of Glen Cove (516) 676-2000
 Glen Cove Police Department (516) 676-1000
 City of Long Beach (516) 431-1000
 City of Long Beach Police Department (516) 431-1800
 TTY Relay Operator 800-421-1220
 LIPA Emergency: (631) 755-6294

Additional Resources

Find out how to keep food safe during and after an emergency by visiting: <http://www.foodsafety.gov/keep/emergency/index.html>
 Nassau County: www.nassaucountyny.gov
 Federal Emergency Management Agency: www.fema.gov
 New York State Emergency Management Office: www.nysemo.state.ny.us
 American Red Cross: www.redcross.org
 National Organization on Disability's Emergency Preparedness Initiative: www.nod.org/emergency
 National Oceanic and Atmospheric Administration: www.noaa.gov
 National Weather Service: www.nws.noaa.gov
 National Hurricane Center: www.nhc.noaa.gov