

# BE PREPARED



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## HOW TO DEAL WITH EXTREME HEAT

Extreme heat often results in the highest annual number of deaths among all weather-related disasters. p2

## PREPARING FOR A HURRICANE

Threats from hurricanes include powerful wind, heavy rainfall, storm surges, flooding & more. p2

## WINTER WEATHER TIPS TO KNOW

Winter storms create a higher risk of car accidents, hypothermia, frostbite, and Carbon Monoxide poisoning. p3



**Tips for All-Hazards**  
*(More inside.)*

## COPE WITH EXTREME HEAT

Extreme Heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body. Remember that:

- Extreme heat can occur quickly and without warning.
- Older adults, children, and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

### WHEN UNDER AN EXTREME HEAT WARNING:

- Find air conditioning and avoid strenuous activities.
- Watch for heat illness.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.

For more visit  
**READY.GOV/HEAT**

# BE PREPARED FOR HURRICANE SEASON



*The Atlantic hurricane season runs from June 1 to November 30. We recommend you peruse this checklist sooner than later.*

### BEFORE A HURRICANE

#### KNOW YOUR ZONE

Find out if you live in a hurricane evacuation area by visiting: [nassaucountyny.gov/oem](http://nassaucountyny.gov/oem).

#### HAVE A FAMILY EMERGENCY PLAN

Before an emergency happens, decide how you will get in contact with loved ones, where you will go and what you will do. Keep a copy of this plan in your emergency supplies kit or another

safe place where you can access it in the event of a disaster.

#### EMERGENCY SUPPLIES KIT

Put together a basic disaster supplies kit. Check emergency equipment, such as flashlights, generators, and storm shutters.

#### REVIEW YOUR INSURANCE

Review your insurance policy to ensure that you have adequate coverage for your home.

#### UNDERSTAND THE DIFFERENCE BETWEEN WATCHES AND WARNINGS

A hurricane watch means that hurricane conditions (sustained winds of 74 mph or higher) are possible within your area. A watch is issued 48 hours before the anticipated tropical-storm-force winds. A hurricane warning means that hurricane conditions (sustained winds of 74 mph or higher) are expected somewhere within the specified area. A warning is issued 36 hours in advance of tropi-

cal-storm-force winds.

### DURING A HURRICANE

#### SECURE YOUR HOME

Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8 inch exterior grade or marine plywood, built to fit and ready to install. Buy supplies before the hurricane season rather than waiting for the pre-storm rush.

#### STAY TUNED IN

Check the websites of your local National Weather Service office (Go to [weather.gov](http://weather.gov) and type in your zip code) and Nassau County's Office of Emergency Management. Find out what type of emergencies could occur and how you should respond. Listen to the radio or TV stations for the latest storm news.

For more visit  
**READY.GOV/HURRICANES**



## ARE YOU READY FOR COASTAL FLOODING?

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death. Floods are the most common natural disaster in the United States.

### IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

- Do not walk, swim, or drive through flood waters. Turn Around, Don't Drown!
- Six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Evacuate if told to do so.
- Move to higher ground or a higher floor and stay there.

### HOW TO STAY SAFE WHEN A FLOOD THREATENS

- Know types of flood risk in your area. Visit FEMA's Flood Map Service Center for information.
- Sign up for emergency alerts at [www.nassaucountyny.gov/oem](http://www.nassaucountyny.gov/oem)
- If flash flooding is a risk in your location, then moni-

tor potential signs, such as heavy rain.

- Learn and practice evacuation routes, shelter plans, and flash flood response.
- Gather supplies in case you have to leave immediately, or if services are cut off.
- Purchase or renew a flood insurance policy. It typically takes up to 30 days for a policy to go into effect and can protect the life you've built. Homeowner's policies do not cover flooding.
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install sewage valves. Consider a sump pump with a battery.

To consult our interactive flood map visit: [www.nassaucountyny.gov/oem](http://www.nassaucountyny.gov/oem) and click "Flood Zone Map."

## TIPS FOR DEALING WITH WINTER WEATHER

Winter storms can bring extreme cold, freezing rain, snow, ice, and high winds.

**Winter Storm Watch means a winter storm may be headed our way.**

**Winter Storm Warning indicates a severe storm is likely to impact our area.**

**Pay attention to updates as Watches may turn to Warnings with little notice.**

freezes. Symptoms include loss of feeling, pale appearance in ears, nose, fingers, toes and face. Skin should be covered not rubbed. Medical attention is needed. **Hypothermia** occurs when body temperature drops to dangerous levels. Symptoms include shivering, disorientation, slurred speech, exhaustion and drowsiness. Victim should be:

### STAY ALERT

Have an emergency plan in place before any storm hits and discuss what contact numbers you will use in the event of an emergency.

- Clear driveways, sidewalks, and steps
- Recognize icy patches
- Stock flashlights, batteries, water and non-perishable food
- Have a battery powered radio handy
- Have extra warm clothing & blankets
- Keep enough supplies to last 7-10 days
- Remain indoors until it is safe

- Taken to a warm place.
- Dry clothing should be provided to replace wet apparel.
- Warm non-alcoholic drinks can be administered.
- Prevent prolonged exposure to elements.
- Stay warm.

In the event your home heating system fails please contact your service provider immediately.

Under certain conditions Warming Centers are opened by Nassau County. To find a warming center near you visit: [nassaucountyny.gov/oem](http://nassaucountyny.gov/oem) and click on the link for "Warming Centers."

### HEALTH CONCERNS

**Frostbite** happens when the skin and tissue below the skin

For more visit [READY.GOV/WINTER-WEATHER](http://READY.GOV/WINTER-WEATHER)





\*\*\*ECRWSS\*\*\*  
Residential Customer

# “BE PREPARED NOT SCARED”



## ROUTE A

- Starting at Atlantic Beach Bridge, Northbound on Nassau Expressway (Rt. 878)
- Turn right onto Burnside Ave.
- Turn left on Rockaway Tpke.
- Turn right on Peninsula Blvd.
- Remain on Peninsula until it becomes Fulton Ave. which will become Hempstead Tpke.
- Continue Eastbound, make a left onto Earle Ovington Blvd. into the Nassau Community College American Red Cross Evacuation Shelter.

## ROUTE B

- Starting at Long Beach Bridge, proceed Northbound on Austin Blvd. which becomes Long Beach Rd.
- Turn right onto Sunrise Hwy.
- Turn left onto Grand Ave.
- Continue North on Grand Ave. until it becomes Baldwin Rd. which then becomes Henry St.
- Continue on Henry St.
- Turn right onto Peninsula Blvd.
- Remain on Peninsula until it becomes

Fulton Ave. which will become Hempstead Tpke.

- Continue Eastbound, make a left onto Earle Ovington Blvd. into the Nassau Community College American Red Cross Evacuation Shelter.

## ROUTE C

- Starting at Lido Blvd., enter the Loop Pkwy.
- Continue on Loop Pkwy. and exit at Meadowbrook Pkwy Northbound.
- Continue Northbound on Pkwy. and exit at M4 (Hempstead Tpke.).
- Continue straight on service road to exit at Charles Lindbergh Blvd.
- Continue on Charles Lindbergh Blvd.
- Turn right onto Earl Ovington Blvd.
- Proceed into the Nassau Community College American Red Cross Evacuation Center.

## ROUTE D

- Starting at Merrick Rd. or Sunrise Hwy. in Seaford, enter the Seaford-Oyster Bay Expressway (Rt. 135) Northbound.
- Continue Northbound on Rt. 135.

- Exit at 7E (Hempstead Tpke. East).
- Continue on Hempstead Tpke. East which becomes Conklin St.
- Turn left on Clinton St.
- Continue on Clinton St. which becomes Melville Rd.
- Turn left into the Suny Farmingdale College Campus

## MISSION

The mission of Nassau County Office of Emergency Management is to maintain a high level of preparedness, to protect the citizens of Nassau County; to mitigate loss of life and vital assets prior to, during, and immediate aftermath of a disaster; and to facilitate the speedy recovery of Nassau County in the mid and long term intervals following a disaster.