

## ROCHELLE PARK OFFICE OF EMERGENCY MANAGEMENT



### WEEK 4 – INDIVIDUAL PREPAREDNESS

The 2016 NPM theme is “Don’t Wait. Communicate. Make Your Emergency Plan Today.”

We are encouraging everyone to take part, make a plan and know what to do during an emergency. This means having an up-to-date contact list for those you may need to reach during a disaster and establishing alternate methods of communication in case traditional means are not available.

Each week beginning August 28, the Rochelle Park Office OF Emergency Management will provide residents with helpful tips on Disaster Awareness and Preparedness.

- Week 1 – August 28 - Flood – Hurricane Preparedness
  - Week 2 – September 4 - Preparing Family & Friends
  - Week 3 – September 11 – Preparing Through Service
  - **Week 4 –September 18 – Individual Preparedness**
  - Week 5 – September 28 – Build an Emergency Kit
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- **Week 4-** Being prepared is part of who you are, and disaster preparation is no different:
  - Take meds? Plan ahead by keeping a copy of your Rx plus 1 week supply in a safe place.
  - Keep a radio & extra batteries handy to listen for info from local officials.
  - Gather your supplies before a hurricane so you won’t find yourself with empty shelves.
  - Sign up to receive alerts from The Office of Emergency Management and Police Department at the Townships website, [www.rochelleparknj.gov](http://www.rochelleparknj.gov)
  - Make sure you know what your insurance policy covers before an emergency.
  - Know what to do when roads are flooded: **"Turn Around Don't Drown®! It may save your life!**
  - If you’re already on “high ground” during a flood, stay where you are. Be prepared by having your supplies already stored.
  - You may have to evacuate quickly due to rising flood waters. Hurricane & Flood Shelter Reception Area is located at Midland School, 300 Rochelle Avenue and staffed by CERT Team Members.
  - An emergency may knock out power. Prepare by stocking non-perishable food items & water.
  - Don’t risk your family’s safety; follow the instructions of local officials – and if told to evacuate, evacuate.

**For additional information please call the Office of Emergency Management at 201-587-7734**