

# ROCHELLE PARK OFFICE OF EMERGENCYMANAGEMENT

## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



### Week 1 - Make a Plan for Yourself, Family & Friends

The 2017 National Preparedness Month theme is **“Disasters Don’t Plan Ahead. You Can.”**

The Rochelle Park Office of Emergency Management is 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.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

For additional information please call the Office of Emergency Management at 201-587-7734 or go online at [www.ready.gov](http://www.ready.gov)

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