

S P R E A D  
THE NEWS

N O T G E R M S

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Making It Better, Together.

[camdencounty.com](http://camdencounty.com)

WHAT YOU NEED TO KNOW  
ABOUT PANDEMIC FLU



Making It Better, Together.





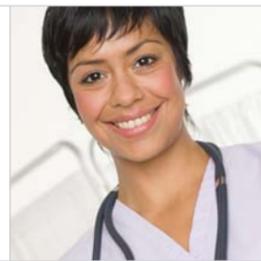
**MAKING IT BETTER — AND SAFER — TOGETHER.**

Camden County is preparing for a potential flu pandemic, a worldwide flu that could affect thousands. Many county residents may remember the Hong Kong Flu of 1968 or the Asian Flu of 1957, and it's always possible another global epidemic could strike. To be prepared, and to help prevent the spread of germs, this instructional guide lists the important steps you can take at home, work and school. It recommends healthy habits you and your family can practice, as well as suggestions to help you plan ahead. We encourage you to read it carefully and keep it handy.



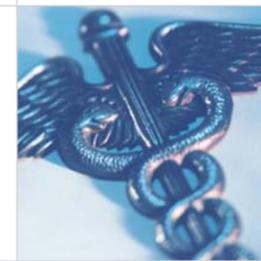
**LOUIS CAPPELLI, JR.**  
Freeholder Director  
*Camden County Board of Freeholders*

**CARMEN G. RODRIGUEZ**  
Freeholder Liaison  
*Department of Health and Human Services*



**CAMDEN COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**

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**DR. JUNG H. CHO** County Health Officer



Making It Better, Together.

## Camden County is preparing for a flu pandemic. Are you?

The Camden County Department of Health and Human Services has been preparing for a possible flu pandemic, a worldwide flu that could affect thousands of people like you and your family. In case a flu pandemic occurs, we have increased our ability to detect and contain health threats and to efficiently communicate with healthcare professionals and the general public.

Although we don't know when the next flu pandemic will occur or how severe it will be, there are steps you should take now to protect yourself and those around you.

### Have a plan.

- Visit [www.NJflupandemic.gov](http://www.NJflupandemic.gov) or [www.camdencounty.com](http://www.camdencounty.com) to find checklists that help families, businesses and schools prepare.
- Maintain a supply of food and water in case health officials instruct you to stay home.
- Have emergency contact phone numbers available.

### Practice healthy habits.

To prevent the spread of harmful germs:

- Wash your hands thoroughly with soap and water.
- Cover your coughs and sneezes, and dispose of tissues.
- Stay home if you're sick. Get informed and stay informed.
- Learn as much as possible about a potential flu pandemic before it occurs.
- Listen to advice from medical experts.
- Check [www.NJflupandemic.gov](http://www.NJflupandemic.gov) and [www.camdencounty.com](http://www.camdencounty.com) regularly for the latest information and valuable resources.

## Get flu ready, Camden County.





Information from the New Jersey Department of Health and Senior Services  
[www.nj.gov/health](http://www.nj.gov/health)

## Frequently Asked Questions About Pandemic Influenza

### What is an influenza pandemic?

An influenza pandemic is a global outbreak of the flu.

There are three characteristics that distinguish a flu pandemic from the seasonal flu outbreaks that occur every year.

- The pandemic is caused by a new strain of flu virus to which people have no immunity.
- The virus is spread easily from person to person.
- The virus is capable of causing severe illness and many deaths.

Flu pandemics tend to arrive with very little warning. This new virus may be a combination of viruses that have not circulated among people for a long time. Most people will have no natural protection or immunity from the new virus. Because of this, the new virus is especially dangerous, and could lead to high rates of illness and death.

### What's the difference between pandemic influenza and seasonal influenza?

An influenza pandemic has little in common with the annual flu season that we are all familiar with. During an influenza pandemic, the chances of becoming sick are not only greater, but the disease is more likely to cause more complications and deaths.

Seasonal outbreaks of influenza are caused by viruses commonly known to make people sick. Pandemic influenza is caused by a new virus to which people have no immunity.

Seasonal influenza outbreaks do not disrupt everyday life. But past influenza pandemics have caused high levels of sickness and death, major social disruptions and economic loss.

### Have people in the U.S. died during influenza pandemics?

In 1918, the Spanish flu claimed the lives of 500,000 Americans. This was an unusually severe influenza pandemic.

The Asian flu pandemic of 1957 resulted in the deaths of 69,800 U.S. citizens. The Hong Kong flu pandemic of 1968, the least severe of the 20th century pandemics, resulted in 33,800 deaths.

Every year, seasonal flu kills about 36,000 Americans.

### Can scientists predict when the next pandemic will occur or how bad it will be?

Influenza pandemics occur about once every 30 years. It is impossible to predict when the next influenza pandemic will occur or how severe it will be. It is also unknown which influenza strain will cause the next influenza pandemic.

### Why are public health officials worried about an influenza pandemic?

The appearance and spread of avian influenza (also known as bird flu) has raised concern about a new influenza pandemic. Bird flu has swept through poultry flocks in Asia and is continuing to spread from Asia to Europe.

Public health officials are also concerned that half of the people in Asia who became ill from bird flu died. It is believed that these people came in contact with chickens, turkeys, ducks or their droppings.

There is no conclusive proof right now that bird flu can spread easily from one person to another. But scientists worry that the avian virus could change and spread between people, which could start an influenza pandemic.

### How many people are likely to get sick during an influenza pandemic? Would many people die?

It is difficult to predict how many people would become sick or die from an influenza pandemic. But we can say that the amount of sickness and death will be more than what is expected in a typical flu season and will be difficult for all of us to deal with.

### Who is most at risk during a pandemic?

Until a pandemic occurs and scientists learn about the particular flu strain responsible for the pandemic, there is no way to know who is at greatest risk.

In past pandemics, the highest rate of illness was among school-age children. But the highest rates of hospitalization and death occurred in people 65 and older.

### Is there a vaccine to protect against the virus that could cause a pandemic?

No. A vaccine against a pandemic strain of influenza cannot be developed until a pandemic begins. After the pandemic begins, scientists can identify the strain and begin the process of creating a vaccine to help control the outbreak. Making a new vaccine takes a long time. It is likely that a new vaccine for an influenza pandemic would be in short supply until larger amounts of the vaccine could be produced.

### Are there any medications that can prevent or treat influenza during a pandemic?

There are several antiviral medications (such as Tamiflu®) available to prevent and treat influenza. These drugs require a prescription from a healthcare provider. The federal government is creating a stockpile of antiviral medications, but there currently is not enough for everyone in the U.S.

Antibiotics, which are used for bacterial infections, are not effective against influenza.

### How effective are antiviral medications?

Antivirals are effective when they are taken within 48 hours of symptom onset. The benefit of antivirals is that they reduce the severity of symptoms and shorten the length of time you are sick by about one day. Antivirals can also make you less contagious to others.

## What are public health officials in the U.S. doing to prepare for a possible influenza pandemic?

Despite our best efforts, a severe influenza pandemic could lead to high rates of death, disruptions to everyday life and economic loss.

The U.S. government has developed a comprehensive influenza pandemic plan that addresses the development of vaccines, increased surveillance and detection systems, and expansion of the current stockpile of medicines.

Efforts to plan and prepare for pandemic influenza are continuing at the national, state and local levels.

## Is New Jersey doing anything to prepare for a possible pandemic?

Like many other states, New Jersey has developed, and continually updates, a statewide influenza pandemic plan.

This plan will help guide public health officials in responding to an influenza pandemic. Some of the issues the plan addresses are disease surveillance, vaccine distribution and the delivery and use of antiviral medication.

The influenza pandemic plan will also help New Jersey's medical experts monitor how influenza is spreading, outlines public health methods to control the spread and guide healthcare facilities to handle excessive numbers of patients.

## Does the public have a role in responding to an influenza pandemic?

If an influenza pandemic occurs, the public may be asked to take steps to protect themselves and others.

Public health officials may ask the public to follow directions on isolation, quarantine and vaccination.

## Will schools and businesses be closed during an influenza pandemic?

Very early in an influenza pandemic, public health officials might try to control the spread of disease by:

- Using isolation and quarantine
- Closing schools and workplaces
- Canceling large public events

Advice is likely to change as an influenza pandemic unfolds and more is learned, so it is important to stay informed.

## Is there anything I can do to protect myself and family from influenza?

Protect yourself from influenza by taking the same steps you would to guard yourself against colds and other illnesses:

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Wash your hands with soap and water frequently throughout the day, especially after coughing or sneezing. Soap does not need to be antibacterial.
- Stay home from work or school when you are ill.
- Consult your healthcare provider if symptoms persist or become severe.

## How will I receive important information during an influenza pandemic?

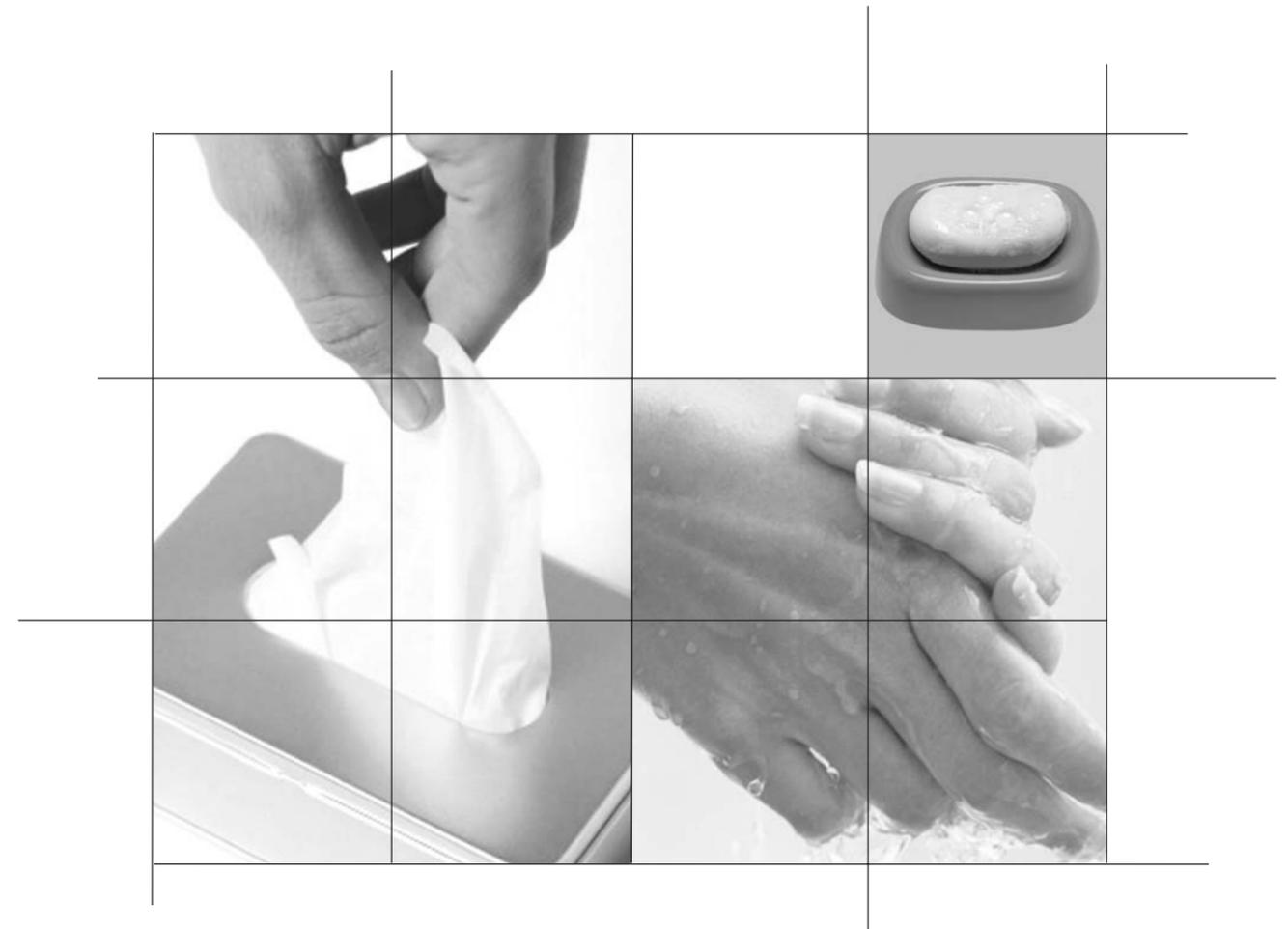
Keep up-to-date by listening to news and television broadcasts. Follow the advice from public health officials.

## Where can I find more information about influenza and influenza pandemics?

The following websites have more information on influenza and pandemics.

The NJ Department of Health and Senior Services - [www.nj.gov/health/influenza](http://www.nj.gov/health/influenza)

The Centers for Disease Control and Prevention (CDC) - [www.cdc.gov/influenza](http://www.cdc.gov/influenza)





Information from the New Jersey Department of Health and Senior Services  
[www.nj.gov/health](http://www.nj.gov/health)

### Pandemic Flu Planning Checklist for Individuals and Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

#### 1. To plan for a pandemic:

- Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

#### 2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

#### 3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables and soups	<input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
<input type="checkbox"/> Protein or fruit bars	<input type="checkbox"/> Soap and water, or alcohol-based hand wash
<input type="checkbox"/> Dry cereal or granola	<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen
<input type="checkbox"/> Peanut butter or nuts	<input type="checkbox"/> Thermometer
<input type="checkbox"/> Dried fruit	<input type="checkbox"/> Anti-diarrheal medication
<input type="checkbox"/> Crackers	<input type="checkbox"/> Vitamins
<input type="checkbox"/> Canned juices	<input type="checkbox"/> Fluids with electrolytes
<input type="checkbox"/> Bottled water	<input type="checkbox"/> Cleansing agent/soap
<input type="checkbox"/> Canned or jarred baby food and formula	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Pet food	<input type="checkbox"/> Batteries
	<input type="checkbox"/> Portable radio
	<input type="checkbox"/> Manual can opener
	<input type="checkbox"/> Garbage bags
	<input type="checkbox"/> Tissues, toilet paper, disposable diapers



### Family Emergency Health Information Sheet

It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

#### 1. Family Membership Information

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/ Dosages



### Family Emergency Health Information Sheet

#### 2. Emergency Contacts:

Contacts	Name/Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near: Work	
School	
Home	
Family Physician(s)	
State public health department <i>(See list on <a href="http://www.pandemicflu.com">www.pandemicflu.com</a>)</i>	
Pharmacy	
Employer contact and emergency info	
School contact and emergency info	
Religious/spiritual organization	
Veterinarian	



Information from the New Jersey Department of Health and Senior Services  
[www.nj.gov/health](http://www.nj.gov/health)

**PUBLIC HEALTH FACT SHEET**  
**Isolation and Quarantine**

Public health officials use many methods to control the spread of infectious disease. Two of these methods are isolation and quarantine. Both methods aim to control exposure to infectious disease.

**Isolation is for people who are sick with an infectious disease.**

- Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.
- Isolation is a routine procedure in hospitals and healthcare facilities.
- Isolation allows healthcare professionals to provide specialized medical treatment for sick people in the hospital, in a healthcare facility or at home.
- Isolation is voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.

**Quarantine is for people who have been exposed to an infectious disease, but are not sick.**

- Quarantine separates and restricts the movement of people who have been exposed to an infectious agent and may become infectious.
- Quarantined people may or may not become sick.
- Quarantined people may stay at home so they don't spread disease to healthy people.
- If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.
- Quarantine is voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to a contagious disease.

**For More Information Contact:**

- Your healthcare provider
- The New Jersey Department of Health and Senior Services at [www.nj.gov/health](http://www.nj.gov/health)
- Your local department of health [www.nj.gov/health/lh/directory/lhdselectcounty.htm](http://www.nj.gov/health/lh/directory/lhdselectcounty.htm)
- The CDC website at <http://www.cdc.gov/ncidod/sars/isolationquarantine.htm>
- The New Jersey Department of Health and Senior Services, Communicable Disease Service at (609) 588-7500

**CAMDEN COUNTY**

DEPARTMENT OF  
HEALTH & HUMAN SERVICES

*Public Health Preparedness Task Force*



**CAMDEN COUNTY  
HAZARDOUS  
MATERIALS  
TASK FORCE**

Since the September 11, 2001, attacks on America, the Camden County Department of Health and Human Services (CCDHHS) has been a leader in the coordination of efforts among various community groups to address issues regarding bioterrorism and weapons of mass destruction. In October 2001, the CCDHHS created a county-wide Public Health Preparedness Taskforce to deal with planning and response-issues related to terrorism. A number of community partners are involved in this group, which include hospital safety coordinators, hospital infection control practitioners, Camden County Office of Emergency Management (CCOEM), members of fire, EMS and Hazardous Materials teams, colleges and universities, Camden County Medical Society, and a number of other community stakeholders. The CCDHHS employs individuals trained in disease investigation, epidemiology, nursing and other professions, who are ready and willing to respond when called upon. These individuals have already implemented steps to monitor disease trends that might be the first indication a problem is occurring and have strategies to combat these problems.

In addition to these individuals, the CCDHHS has recently acquired a federally-funded grant, which will allow for the formation of a Public Health Preparedness Unit within the Health Department. This new unit will continue to work with the taskforce and the CCOEM on issues, such as mass vaccination/prophylaxis/casualty centers, national pharmaceutical stockpiling, education, training, communication and emergency-response plans.

Camden County is a leader in hazardous materials preparedness and response efforts. Our county is comprised of a multitude of potential hazards regarding dangerous chemicals: industrial plants that manufacture and use dangerous chemicals daily, major highway systems that serve as transportation corridors for trucks carrying various chemicals, railroad systems that transport many different materials and shipping ports that off-load and store a variety of products. In order to prepare for any emergency that could occur at these sites, a unified team has been assembled to maintain readiness for responding to and mitigating these emergencies. The lead agency for hazardous materials response is the Hazardous Materials Unit of the Camden County Department of Health and Human Services. The personnel assigned to this unit are trained as hazardous material technicians. They provide a response that includes specialized suits for entering contaminated areas, meters for monitoring for dangerous airborne materials, and equipment to seal leaks and neutralize dangerous materials. The County Hazardous Materials Unit, through written contract, serves as an agent of the New Jersey Department of Environmental Protection – Bureau of Emergency Response. In addition, the personnel serve on the Camden County OEM Local Emergency Planning Committee as the annex managers for hazardous materials incident planning and response.

The County Hazardous Materials Unit response capabilities are supplemented by a number of municipal-based hazardous materials teams from our county. The personnel that comprise these fire department units are also trained as

hazardous materials technicians. These teams are from the following organizations: Gloucester City Fire Department, Cherry Hill Fire Department, Waterford Township Fire Department, and the Chews Landing and Blackwood Fire Companies of Gloucester Township. These response teams are supplemented by a number of additional agencies, providing incident response, planning, coordination, and communications needs. These additional agencies include the Camden County Sheriff's Department Technical Services Unit (Bomb Squad), Camden County Office of Emergency Management, Camden County Communications Center, and the Camden County Prosecutor's Office. Collectively, these agencies make up the **CAMDEN COUNTY HAZARDOUS MATERIALS TASK FORCE**. The mission of the Task Force is to provide unified professional and experienced response teams to handle any emergency or disaster facing Camden County concerning hazardous materials and related matters. Based on the magnitude, the incident may prompt the response of a single resource, or it may require the response of the entire Task Force.

The agencies that comprise the Camden County Hazardous Materials Task Force conduct meetings on a monthly basis, presenting a forum to discuss response issues, critique past incidents, exchange ideas, pre-plan facility responses, and discuss equipment needs and funding. These agencies also conduct periodic training exercises and evolutions, as well as educational programs and guest lectures. This organized effort to protect the citizens of Camden County from the adverse effects of hazardous materials spills and releases is an example of how the proactive preparedness efforts of Camden County has continued to safeguard the lives and property of its residents and visitors.

## CAMDEN COUNTY OFFICE OF EMERGENCY MANAGEMENT



The Camden County Office of Emergency Management (OEM) is a division within the County Department of Public Safety. The mission of OEM is to safeguard the citizens of the county through delivery of a professional emergency management program of comprehensive all-hazards disaster planning, enhanced training programs, and effective interagency coordination during major events. Emergency management involves actions taken to prepare for, respond to, recover from, and mitigate against natural and man-made disasters.

In preparing for and responding to disasters, emergency managers develop plans for dealing with the consequences related to the event. These plans are tested in many ways: tabletop exercises, functional exercises, and full-scale exercises. Partnerships are developed with agencies that can provide assistance during disasters. These many agencies and organizations involved in response to and recovery from a major incident are linked through a common governmental agency – the Office of Emergency Management. During times of crisis, the OEM serves as the centralized coordination point for manpower deployment, resource procurement, restoration of essential services, and assistance to those individuals adversely affected by the disaster. Camden County OEM maintains the County Emergency Operations Plan, directs the Local Emergency Planning Committee and other state and federally mandated emergency management programs, and provides emergency management guidance and assistance to the 37 municipalities. Camden County OEM works in partnership with the New Jersey State Police – Office of Emergency Management to enhance disaster preparedness in Camden County.

Camden County OEM operates the County Emergency Operations Center (EOC), which serves as the centralized coordination center for disaster response and recovery operations. All agencies and organizations involved in the disaster operations are represented in the EOC for the duration of the incident, providing direction and control for emergency operations at the scene. The Office of Emergency Management fosters partnerships and mutual assistance agreements with County, State, and Federal government agencies, as well as non-governmental organizations to enhance the capabilities of the County to manage the consequences of a major emergency or disaster through appropriate preparedness, response, mitigation, and recovery activities. Camden County OEM works in conjunction with the county-based hospitals and County Department of Health and Human Services to address issues of public health emergencies and bio-terrorism preparedness. Camden County OEM has provided special event contingency planning for events such as Y2K and the 2000 Republican National Convention. OEM facilitates training programs in Incident Management, Hazardous Materials Awareness and Operations, and Weapons of Mass Destruction. County OEM designs and conducts tabletop, functional, and full-scale exercises to test the effectiveness of the County Emergency Operations Plan. The County OEM staff works with representatives from utility companies and public transportation systems in emergency preparedness and response initiatives. In addition, volunteer organizations, such as the American Red Cross and Salvation Army, have partnered with the Camden County OEM to provide response and recovery efforts within the OEM-based Volunteers Organized to Assist in Disasters unit. The Camden County Office of Emergency Management will continue to strive for excellence in emergency preparedness, in an effort to meet the needs of the County citizens, businesses, industry, and visitors during any disaster situation.



## BE AWARE

We, as residents and visitors to Camden County, need to be aware of what is going on around us during these changing times. As we become aware that new threats may be among us, it is important to identify who and what belongs in our neighborhoods, communities and workplaces. Observations of peoples' activities and looking for suspicious persons or activities, will aid in keeping our communities safe. We have been doing this for years through our "Neighborhood Watch" programs. However, with our new "heightened awareness" of potential threats, we must be reasonably sure of someone's intention before we make a report to our local law enforcement agency. The following information outlines some of the general characteristics of a suspicious person or activity.

### What defines a suspicious person or activity?

- ▶ An unidentified individual observed loitering near a facility or in the lobby of a facility for an extended period of time.
- ▶ An unidentified individual dressed in oversized or inappropriate clothing (e.g., a long heavy coat in warm weather) that appears to be concealing something.
- ▶ An unidentified individual asking specific questions about your facility (e.g., security-related matters, etc.).
- ▶ An unidentified individual observed photographing, videotaping and/or sketching the exterior or interior of any government facility.

- ▶ An unidentified individual without proper identification entering your facility claiming to be a contractor, law enforcement officer, reporter or service technician.
- ▶ Unidentified individuals attempting to remove property from an office or facility without proper authorization.
- ▶ Unidentified individuals who appear to be conducting surveillance of a facility (e.g., sitting in a vehicle for an extended period of time and/or taking photographs or video taping, etc.)
- ▶ An unidentified individual observed placing an object or a package outside a facility and departing the area.
- ▶ Any unattended backpacks, boxes, containers, luggage and/or packages in an elevator, hallway, lobby, restroom, snack bar or stairwell of your facility.
- ▶ Any item that could be an improvised explosive device (e.g., items with visible wires, antennas, batteries, timing devices, metal or plastic pipe with each end capped).

## PERSONAL PREPAREDNESS



Devastating acts, such as the terrorist attacks on September 11, have left many concerned about the possibility of future incidents in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. Nevertheless, there are things you can do to prepare for the unexpected and reduce the stress that you may feel now,

as well as later, should another emergency arise. Taking preparatory action can reassure you and your children that you can exert a measure of control even in the face of such events.

### **What You Can Do To Prepare**

Finding out what can happen is the first step. Once you have determined the events possible and their potential in your community, it is important that you discuss them with your family or household. Develop a disaster plan together.

- 1 ***Create an emergency communications plan.***  
Choose an out-of-town contact your family or household will call or e-mail to check on each other should a disaster occur. The selected contacts should live far enough away that they would be unlikely to be directly affected by the same event, and they should know that they are your chosen contact. Make sure every household member has that contact's name, and each other's email addresses and telephone numbers (home, work, pager, and cell).
- 2 ***Establish a meeting place.***  
Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or area evacuated. You may even want to make arrangements to stay with a family member or friend in case of an emergency. Be sure to include any pets in these plans, as pets are not permitted in shelters, and some hotels will not accept them.
- 3 ***Assemble a disaster supplies kit.***  
If you need to evacuate your home or are asked to shelter-in-place, having some essential supplies on hand will make you and your family more comfortable. Prepare a disaster kit in an easy-to-carry container, such as a duffel bag or small plastic trash can.
- 4 ***School Emergency Plan.***  
Check on the school emergency plan of any school-age children you may have. You need to know if they will keep children at school

until a parent or designated adult can pick them up or send them home on their own. Be sure that the school has updated information about how to reach parents and responsible caregivers to arrange for pickup.



## FAMILY PREPAREDNESS

Learn your community's warning signals and what you should do when you hear them.

### **Pick two places to meet:**

- ▶ Right outside your home in case of a sudden emergency, like a fire.
- ▶ Outside your neighborhood in case you can't return home. (Everyone must know the address and phone number.)

**Establish an out-of-state friend to act as a contact for separated family members.**

**Show each member of the household how to turn off water, gas and electricity, and consider neighbors who may need assistance.**

**Monitor weather conditions on National Oceanic and Atmospheric Administration Weather Radio 163.400 MHZ.**

**Install smoke detectors on each level of your home, check batteries once a month, and change them twice a year when the time changes.**

**Find out where children will be sent if they are in school when an evacuation is announced.**

### **Family Disaster Supplies Kit**

Put together a disaster supplies kit for your family:

- ▶ Prescription medication & medical information.
- ▶ First-aid kits - one for your home and one for your car.
- ▶ Personal aides, eyeglasses, hearing aids, etc.
- ▶ Portable radio and extra batteries.
- ▶ Lantern, flashlight, or other emergency lighting.
- ▶ Insurance information and other valuable forms (see below).
- ▶ Baby supplies such as food, formula, disposable diapers.
- ▶ Special dietary food, if required.
- ▶ Water in plastic jugs or other covered containers. Change water every three months.
- ▶ Food that does not need to be refrigerated or cooked. Replace food every six months.

### **Paper and Valuables**

- ▶ Social Security cards
- ▶ Birth Certificates
- ▶ Deeds
- ▶ Marriage/Death records
- ▶ Driver's License
- ▶ Savings and Checking account information
- ▶ Wills
- ▶ Stocks and Bonds
- ▶ Insurance Policies
- ▶ Cash and credit cards
- ▶ Inventory of household goods
- ▶ Small valuables: cameras, watches

Keep items in an airtight bag. Keep the items you would most likely need during an evacuation in an easy-to-carry container.

### Pre-Evacuation Actions

- ▶ Fill your car with gas, check car battery and oil, flashlight and radio batteries.
- ▶ Put your survival kit together and refill prescription drugs and obtain special medications (e.g., Insulin).
- ▶ Secure outdoor lawn furniture and loose materials, shutter windows, etc.
- ▶ Prepare your family for evacuation. You may have to evacuate even before a weather warning is issued.

### Hazardous Materials

If you are involved in or witness an incident or accident involving hazardous materials, notify county and/or local authorities by calling 9-1-1 or call the New Jersey Department of Environmental Protection Emergency Action Hotline (24 hrs) at 1-877-927-6337 (Toll Free). Stay clear of area.

Commonly used petroleum and chemical products from homes, stores, shops and industry are transported on highways and railroads. Accidental spills or fires can generate situations that endanger human health and the environment.

## If Disaster Strikes...

- ▶ Be calm and be patient.
- ▶ Follow the advice of local emergency officials.
- ▶ Listen to your radio or television for news or instructions.

- ▶ If the disaster occurs near you, check for injuries. Give first-aid and get help for seriously injured people.
- ▶ If the disaster occurs near your home while you are there, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly. Shut off any other damaged utilities.
- ▶ Confine or secure your pets.
- ▶ Call your family contact. Do not use the telephone again unless it is a life-threatening emergency.
- ▶ Check on your neighbors, especially those who are elderly or disabled.

### **A Word On What Could Happen**

As learned from the events of September 11, 2001, the following things can happen after a terrorist attack:

- ▶ There can be significant numbers of injuries, casualties and/or damage to buildings and the infrastructure. Hence, your employers need up-to-date information about any medical needs you may have and how to reach your designated contacts and beneficiaries.
- ▶ Law enforcement at local, state and federal levels follows a terrorist attack due to the event's criminal nature. This may impact services in your community.
- ▶ Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- ▶ Extensive media coverage, public fear and international implications and consequences can continue for a prolonged period.

- ▶ Workplaces and schools may be closed and there may be restrictions on domestic and international travel.
- ▶ You and your family or household may have to evacuate the area avoiding roads blocked for your safety.
- ▶ Clean-up may take many months.

### Evacuation

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple tips in mind:

- ▶ Wear long-sleeved shirts, long pants and sturdy shoes so you can be protected as much as possible.
- ▶ Take your disaster supplies kit.
- ▶ Take your pets with you; do not leave them behind. Because pets are not permitted in public shelters, follow your plan to go to a relative's home or find a "pet-friendly" hotel.
- ▶ Lock your home.
- ▶ Use travel routes specified by local authorities. Don't use shortcuts because certain areas may be impassable or dangerous.
- ▶ Stay away from downed power lines.

### Listen To Local Authorities

Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice. If you're sure you have time:

- ▶ Call your family contact to tell them where you are going and when you expect to arrive.

- ▶ Shut off water and electricity before leaving if instructed to do so. Leave natural gas service ON unless local officials advise you otherwise. You may need gas for heating and cooking, and only a professional can restore gas service in your home once it has been turned off. In a disaster situation, it could take weeks for a professional to respond.

### Shelter-in-Place

If you are advised by local officials to shelter-in-place, it means you should remain inside your home or office and protect yourself there. Close and lock all windows and exterior doors. Turn off all fans, heating and air conditioning systems. Close the fireplace damper. Get your disaster supplies kit and make sure the radio is working. Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed. Using duct tape, seal all cracks around the door and any vents into the room. Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

### Additional Positive Steps You Can Take

Raw, unedited footage of terrorism events and people's reaction to those events can be very upsetting, especially to children. We do not recommend that children watch television news reports about such events, especially if the news reports show images over and over again about the same incident. Young children do not realize that it is repeated video footage and think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. However, listening to local radio and television reports provides you with the

most accurate information from responsible governmental authorities on what's happening and what actions to take. So, you may want to make some arrangements to take turns listening to the news with other adult members of your household.

Another useful preparation includes learning some basic first-aid and AER/CPR course, contact your local Red Cross chapter. In an emergency situation, you need to tend to your own well-being first and then consider first-aid for others immediately around you, including possibly assisting injured people to evacuate a building if necessary.

People who may have come into contact with biological or chemical agents may need to go through a decontamination procedure and receive medical attention. Listen to the advice of local officials on local radio or television to determine what steps you will need to take to protect yourself and your family. As emergency services will likely be overwhelmed, only call 9-1-1 about life-threatening emergencies.

### **First Aid Primer**

If you encounter someone who is injured, apply the emergency action steps: **Check-Call-Care**. **Check** the scene to make sure it is safe for you to approach. Then check the victim for unconsciousness and life-threatening conditions. Someone who has a life-threatening condition, such as not breathing or severe bleeding, requires immediate care by trained responders and may require treatment by medical professionals. **Call** out for help. There are some steps that you can take, however, to **Care** for someone who is hurt, but whose injuries are not life-threatening:

#### ***Control Bleeding***

- ▶ Cover the wound with a dressing and press firmly against the wound (direct pressure).
- ▶ Elevate the injured area above the level of the heart if you do not suspect that the victim has a broken bone.

- ▶ Cover the dressing with a roller bandage.
- ▶ If the bleeding does not stop:
  - Apply additional dressings and bandages.
  - Use a pressure point to squeeze the artery against the bone.
  - Provide care for shock.

#### ***Care for Shock***

- ▶ Keep the victim from getting chilled or overheated.
- ▶ Elevate the legs about 12 inches (if broken bones are not suspected).
- ▶ Do not give food or drink to the victim.

#### ***Tend Burns***

- ▶ Stop the burning by cooling the burn with large amounts of water.
- ▶ Cover the burn with dry, clean dressings or cloth.

#### ***Care for Injuries to Muscles, Bones, and Joints***

- ▶ Rest the injured part.
- ▶ Apply ice or cold pack to control swelling and reduce pain.
- ▶ Avoid any movement or activity that causes pain.
- ▶ If you must move the victim because the scene is becoming unsafe, try to immobilize the injured part to keep it from moving.

#### ***Be Aware of Biological/Radiological Exposure***

Listen to local radio and television reports for the most accurate information from responsible governmental and medical authorities on what's happening and what actions you will need to take. The Websites referenced at the end of this brochure can give you more information on how to protect yourself from exposure to biological or radiological hazards.

#### ***Reduce Any Care Risks***

The risk of getting a disease while giving first-aid is extremely rare. However, to reduce the risk even further:

- ▶ Avoid direct contact with blood and other body fluids.
- ▶ Use protective equipment, such as disposable gloves and breathing barriers.
- ▶ Thoroughly wash your hands with soap and water immediately after giving care.
- ▶ It is important to be prepared for an emergency and to know how to give emergency care.

#### **More Information**

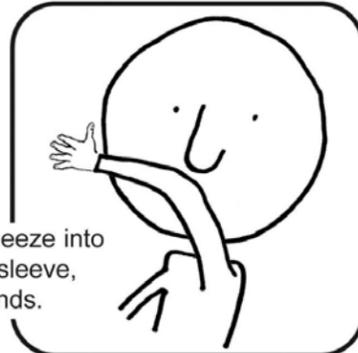
For more information about your community's specific plans for response to disaster and other emergencies, contact your local office of emergency management.

Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze



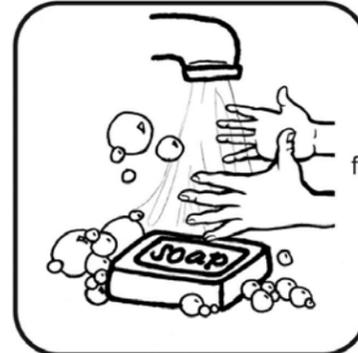
or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

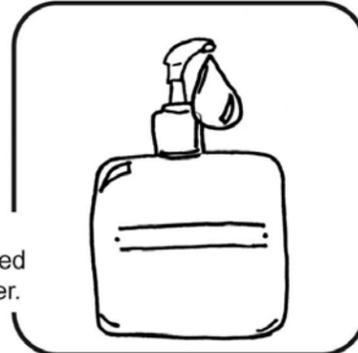


# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds



or clean with alcohol-based hand cleaner.

# U R P UNIVERSAL RESPIRATORY PRECAUTIONS

HELP PREVENT THE SPREAD OF COLDS, FLU AND SARS



COVER COUGHS AND SNEEZES WITH TISSUES OR SURGICAL MASKS



WASH HANDS FREQUENTLY



STAY HOME IF YOU ARE FEELING SICK



GET YOUR FLU AND PNEU VACCINES



For more information: [www.nj.gov/flu](http://www.nj.gov/flu)



# New Jersey is preparing for a flu pandemic.

## You should too.



- **Have a family emergency plan.**



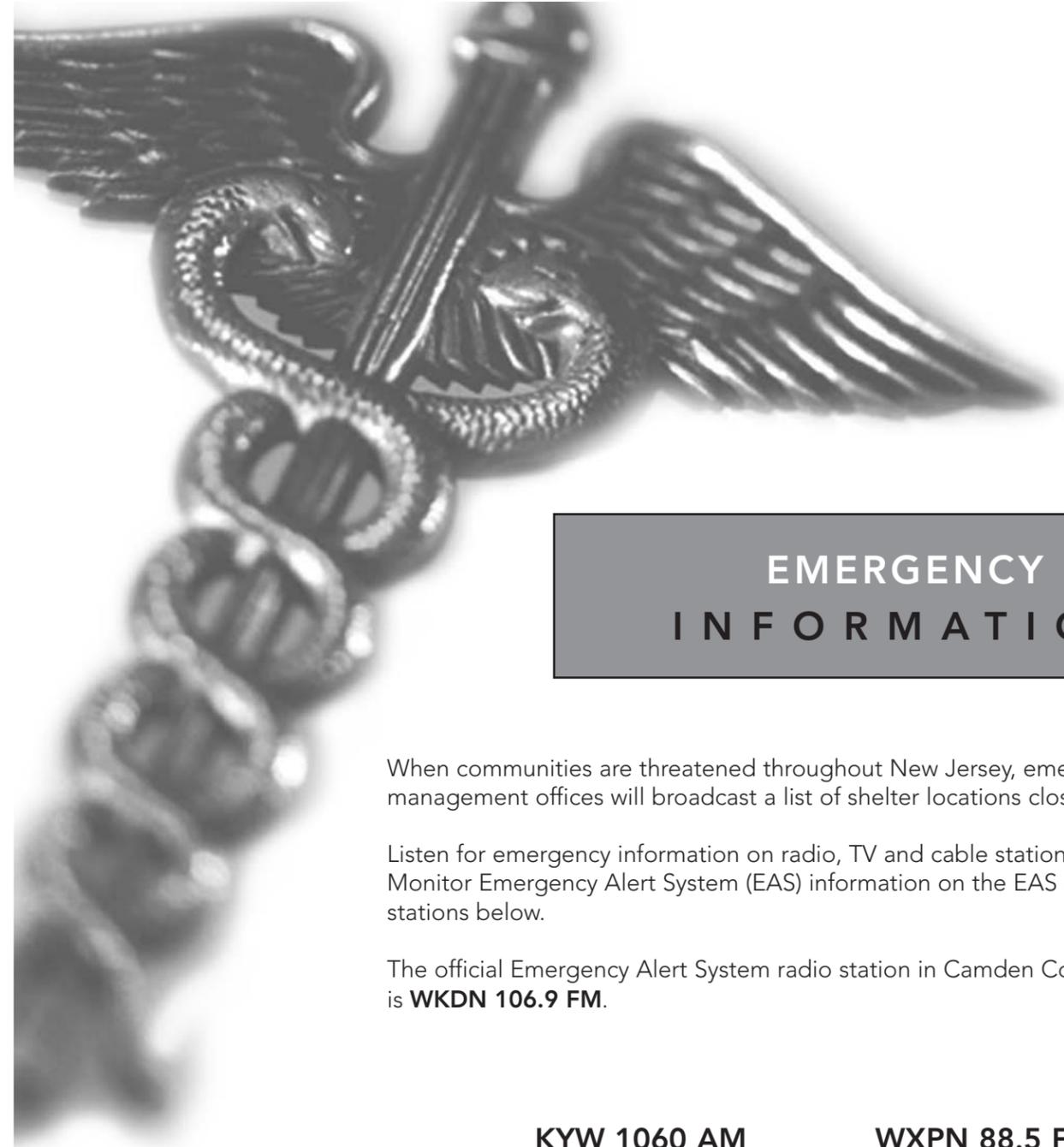
- **Practice healthy habits.**



- **Keep informed & listen to advice from medical experts.**

The New Jersey Department of Health and Senior Services has been preparing for a possible flu pandemic, a worldwide flu that could threaten the lives of millions. Follow these steps to protect yourself and those around you. Visit [www.NJflupandemic.gov](http://www.NJflupandemic.gov) for useful information on how to prepare for a flu pandemic.

## Get flu ready, New Jersey



## EMERGENCY INFORMATION

When communities are threatened throughout New Jersey, emergency management offices will broadcast a list of shelter locations closest to your home.

Listen for emergency information on radio, TV and cable stations. Monitor Emergency Alert System (EAS) information on the EAS radio stations below.

The official Emergency Alert System radio station in Camden County is **WKDN 106.9 FM**.

**KYW 1060 AM**  
**WWDB 96.5 FM**  
**WOGL 98.1 FM**  
**NJ 101.5 FM**  
**WPLY 100.3 FM**  
**WPEN 950 AM**  
**WPST 97.5 FM**  
**WUSL 99.0 FM**  
**WXTU 92.5 FM**  
**WKDN 106.9 FM**

**WXPN 88.5 FM**  
**WDAS 105.3 FM**  
**WDRE 103.9 FM**  
**WGMP 1210 AM**  
**WIP 610 AM**  
**WIOQ 102.1 FM**  
**WJJZ 106.1 FM**  
**WMGK 102.9 FM**  
**WMMR 93.3 FM**  
**WBEB 101.1 FM**

**VISIT THESE USEFUL LINKS FOR ADDITIONAL  
DOMESTIC PREPAREDNESS INFORMATION**

**Camden County Department of Public Safety**

[www.camdencounty.com/health/safety](http://www.camdencounty.com/health/safety)

**Camden County Department of Health and Human Services**

[www.camdencounty.com/health/healthserv/preparedness.html](http://www.camdencounty.com/health/healthserv/preparedness.html)

**Camden County Office of Emergency Management**

[www.camdencounty.com/health/safety/emerg.html](http://www.camdencounty.com/health/safety/emerg.html)

**American Red Cross**

[www.redcross.org](http://www.redcross.org)

**New Jersey Office of Emergency Management**

[www.njsp.org/ems/ems.html](http://www.njsp.org/ems/ems.html)

**New Jersey Homeland Security**

[www.njhomelandsecurity.gov](http://www.njhomelandsecurity.gov)

**New Jersey Domestic Security Preparedness Task Force**

[www.state.nj.us/lps](http://www.state.nj.us/lps)

**Federal Emergency Management Agency**

[www.fema.com](http://www.fema.com)

**The United States Department of Homeland Security**

[www.whitehouse.gov/homeland](http://www.whitehouse.gov/homeland)

**The Federal Bureau of Investigation**

[www.fbi.gov](http://www.fbi.gov)

**Emergency Management Network**

[www.emergencymanagement.net](http://www.emergencymanagement.net)

Some information in this book was supplied by  
New Jersey Department of Health and Senior Services  
American Red Cross