Emergency – Are you ready?

Prepare ➔ Respond ➔ Recover

Develop a Personal Plan

Some basic questions to ask before an emergency happens...

- **What are the likely types of emergencies that may happen in Upstate New York?**
  - Snow / Ice
  - Pandemic
  - Wind / Tornado
  - Flooding
  - Chemical Spill

- **How will you respond?**
  - How do you evacuate your building?
    - Get out and stay out
  - How will you evacuate Ithaca or New York State due to a large scale emergency?
    - Environmental Hazard, such as air contamination
    - Flooding
  - Where will you go?
    - Hotel
    - Home
  - How will you get there?
    - Car
    - Public transportation
    - Air

- **What will you need?**
  - Water
  - Food
  - Medicine
  - Clothing
  - Shelter

- **How long may you need to be away?**
  - 1 hour
  - 1 day
  - 1 week
  - 1 month... or longer

- **How will you maintain communication with others?**
  - Cell phone
  - Radios
  - Phone numbers of out of state family or friends

Start your plan today ... the following list of items can help to get you started.

Additional information for persons with disabilities; [http://www.nfpa.org/disabilities](http://www.nfpa.org/disabilities)

For further information; Environmental Health and Safety [www.ehs.cornell.edu](http://www.ehs.cornell.edu)
Prepare Today ... Stocking supplies can be useful for various types of emergencies such as power outages and disasters. During a pandemic you may not be able to get to a store and even if you can, the store may be out of supplies that you need. Public services may be interrupted, such as water, electric, sewer.

**Plastic tote, add:**
- Flashlight
  - Don’t forget the batteries
- Portable radio
  - Don’t forget the batteries

**Food**
- Ready to eat canned meats, fish, fruits, vegetables, beans and soups
  - Don’t forget the manual can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruits
- Crackers

**Drinks**
- Bottled water
- Canned juices
- Drinks with electrolytes

**Cleaning Items**
- Soap and water or alcohol based (60-95%) hand wash
- Cleansing agent / soap
- Garbage bags
- Tissues, toilet paper, paper towels

**Medical, Health and Emergency Supplies**
- Prescribed medical supplies, such as glucose and blood pressure monitoring equipment
- Fever medication, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- First aid kit

**Other items to consider:**
- Cash – no power, no ATM access
- Important papers (license, birth certificates, insurance cards)
- Pets (food, water, shelter)
- Small children (special food, diapers, activities)