



## **SEPTEMBER IS NATIONAL PREAREDNESS MONTH**

The Livingston Health Department has tips on how you can prepare for emergencies, including natural disasters such as: floods, fires, storms and earthquakes along with chemical leaks, terrorism and a pandemic or worldwide illness.

Having supplies on hand can help to organize and save valuable time to allow you and your family to stay safe if an emergency occurs. We will review some items to stock:

- an individual back-pack for each family member
- at least three days of supplies
- water and ready to eat nonperishable foods, canned fish, fruits, dry cereal, crackers, baby and pet food if needed.
- Place copies of important documents in a waterproof container, credit cards, ID's (legal documents), house and bank papers and copies of medical information and medications.
- Don't forget batteries, phone chargers, extra glasses/denture supplies, pet food or diapers, as needed.
- Have a first-aid kit available and add bandages, ibuprofen or aspirin for pain/fever, antiseptic wipes, hydrogen peroxide, antibiotic and burn, sting and bite ointment, cotton balls, medical gloves (disposable) and a list of family's health conditions and medications.
- There may be other items you may want or need for general supplies and individual needs such as blankets, hygiene products, moist towelettes and seasonal clothing.
- Keep everything in a cool, dry space and store items in airtight plastic bags. Check dates and replace as needed.

The Health department offers a File of Life where you can record all important medical information you may need and is invaluable in emergency situation. This form is available at the Livingston Health department, 204 Hillside Avenue.

The Township has an Emergency Notification system on the website, [www.livingstonnj.org](http://www.livingstonnj.org). Click on Swift 911 to enroll.