

# PREPAREDNESS BASICS

PREPARE YOUR HOME WITH FAMILY & FRIENDS!

Ready New York is the City's educational campaign to encourage New York City residents to prepare for emergencies. Launched in 2003 by the NYC Office of Emergency Management, Ready New York seeks to ensure that all New Yorkers are aware and prepared, as this will greatly assist the City in dealing with large-scale emergencies. You, too, can assist the campaign and help the City by becoming a Ready New Yorker in just three easy steps. To qualify as a Ready New Yorker, you must have three things in place: a household disaster plan, an emergency supply kit and a Go Bag.

## READY NEW YORKER THREE-STEP TOOLKIT

This tool kit provides you with instructions to complete these critical requirements. Once you have become a 'Ready New Yorker,' help the City deal with large-scale emergencies by helping your friends, neighbors and families become 'Ready' too!

### STEP 1: PREPARE A DISASTER PLAN

#### INSTRUCTIONS

- Develop and practice a disaster plan with your household members to prepare for what to do, how to find each other and how to communicate in an emergency.
- Decide where your household members will reunite after a disaster. Identify two places to meet: one near your home and another outside your immediate neighborhood, such as a library, a community center or a friend's home.
- Practice using all possible exit routes from your home and neighborhood.
- Designate an out-of-state friend or relative who household members can call if separated during a disaster. If New York City's local

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phone circuits are busy, long-distance calls may be easier to make. This out-of-state contact can help you communicate with others.

- Account for everybody's needs, especially seniors, people with disabilities, children and non-English speakers. Buy the right insurance. If you rent your home, renter's insurance will insure the items inside your apartment. If you are a homeowner, make sure your home is properly insured—flood and wind damage are not covered in a basic homeowner's policy.
- Familiarize yourself with the emergency plans of buildings you visit often, such as your workplace and your child's school or day care center.

### STEP 2: MAKE AN EMERGENCY SUPPLY KIT

#### INSTRUCTIONS

Keep enough supplies in your home to survive for at least three days. Keep these materials in an easily accessible container or cupboard.

#### *SUGGESTED ITEMS INCLUDE:*

- One gallon of drinking water per person per day
- Non-perishable, ready-to-eat canned foods and manual can opener
- First aid kit

- Flashlight and extra batteries
- Battery-operated AM/FM radio and extra batteries
- Whistle
- Phone that does not require electricity
- Child care, pet care and other special items

### STEP 3: ASSEMBLE A GO BAG

#### INSTRUCTIONS

Every household member should assemble a Go Bag—a collection of items you can use in the event of an evacuation. Each Go Bag should be sturdy, lightweight and portable (a backpack is ideal). A Go Bag should be easily accessible and ready to go any time.

#### *SUGGESTED ITEMS INCLUDE:*

- Copies of your important documents in a waterproof and portable container (insurance cards, birth certificates, deeds, photo IDs, etc.)
- Extra sets of car and house keys
- Cash, and copies of credit and ATM cards
- Bottled water and non-perishable food, like energy or granola bars
- Flashlight and extra batteries
- Battery-operated AM/FM radio and extra batteries
- List of the medications members of your

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household take and their dosages, or copies of all your prescription slips, with doctors' names and phone numbers

- First aid kit
- Lightweight raingear and Mylar blanket
- Contact and meeting place information for your household, and small regional map
- Child care, pet care and other special items

### **SPREAD THE WORD: HELP FAMILY AND FRIENDS GET INVOLVED!**

Please click here for more information regarding the Ready New York campaign

[http://www.nyc.gov/html/oem/html/get\\_prepared/ready.shtml](http://www.nyc.gov/html/oem/html/get_prepared/ready.shtml)

Please click here for the full Ready New York Emergency Preparedness Guide

[http://www.nyc.gov/html/oem/html/ready/household\\_guide.shtml](http://www.nyc.gov/html/oem/html/ready/household_guide.shtml)

*ADDITIONAL GUIDES INCLUDE:*

Ready New York: Kids Guide

[http://www.nyc.gov/html/oem/html/ready/kids\\_guide.shtml](http://www.nyc.gov/html/oem/html/ready/kids_guide.shtml)

Ready New York: Guide for Seniors & People with Disabilities

[http://www.nyc.gov/html/oem/html/ready/seniors\\_guide.shtml](http://www.nyc.gov/html/oem/html/ready/seniors_guide.shtml)

Ready New York: Pets Guide

[http://www.nyc.gov/html/oem/html/ready/pets\\_guide.shtml](http://www.nyc.gov/html/oem/html/ready/pets_guide.shtml)

For more information and to find out about volunteer opportunities throughout the five boroughs, call 311.