

# Be Prepared!

Emergencies can happen at any time and impact our daily lives. They can be man-made disasters, or weather-related, like flooding and ice storms, extended power outages, and disease outbreaks.

Emergencies can last a few hours or several weeks.

You and your family need to be ready no matter what the emergency.

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## Dutchess County Government Urges You To: **BE AWARE and BE PREPARED for Emergencies!**

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Know what has happened and know what to do!



Stay informed



Know who to call for help



Know what to do if someone is hurt or sick

Have these items ready:



Flashlight with batteries



First aid kit



Lots of water



Two-week supply of ready-to-eat food



Matches and lighters



Cash

Learn how at [www.dutchessny.gov](http://www.dutchessny.gov)

William R. Steinhaus  
County Executive



Michael C. Caldwell, MD, MPH  
Commissioner of Health

John Murphy  
Coordinator of Emergency Response

 Dutchess  
County  
Government  
**Cares.**  
Service, Support and Information

## Items to keep in your home for emergency use:

- Food and Water**  
Keep a supply of canned and dried food and fresh water on hand, enough for several days. There may be disruptions in some basic utility services such as electricity and water. Grocery stores may not be able to open.
- Items for Personal Comfort**  
You may wish to have extra items on hand to make your time at home more comfortable such as soap, shampoo, toothpaste, toilet paper, cleaners and, activities for children.
- Cash**  
Make sure to have some extra cash on hand. If there are power outages, ATMs will not work.
- Pets**  
Don't forget your pets. Make sure you have enough food and water for them and other necessities like extra litter.
- Phone**  
If there are disruptions to power, you will need a standard "wired" phone - one that does not run on power from an electrical outlet. Cordless phones will not operate when the power is out. Cellular phones may work if cellular towers are functioning and cellular phone battery is charged.
- Medications**  
If you must take medications on a regular basis, be sure to have enough of a supply to last for several days.
- Large Trash Bags**  
Garbage service may be disrupted or postponed. Have bags on hand to store garbage safely.

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

### Food & Non-Perishables

- Pet Food
- Crackers and Cereal
- Canned, Boxed, or Bottled Juices
- Canned or Jarred Baby Food and Formula
- Canned Meats, Fruits, Vegetables, and Soups
- Bottled Water (1 to 2 Gallons per Person per Day)
- Peanut Butter, Nuts, Dried Fruit, Protein/Granola Bars

### Medical, Health, & Emergency Supplies

- First Aid Kit
- Thermometer
- Portable Radio
- Flashlight and Batteries
- Garbage Bags
- Bleach, Lysol, etc.
- Disposable Gloves
- Manual Can Opener
- Scissors, Tweezers, and Safety Pins
- Vitamins and Anti-Diarrhea Medication
- Bandages and Gauze Pads/Adhesive Tape
- Soap and Water, or Alcohol-Based Hand Wash
- Medicines for Fever, such as Acetaminophen or Ibuprofen
- Tissues, Toilet Paper, Disposable Diapers, Feminine Products
- Prescribed Medications and Medical Supplies such as Glucose and Blood Pressure Monitoring Equipment



Check out these websites for more information:

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

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