

2 Make a Plan & Build a Kit

3 Prepare Your Pets

4 Older Adults & Caregivers

THE NORTH COUNTRY HEALTH EFFECT

A health & safety guide brought to you by the Clinton County Health Department.



Emergency preparedness

Make a plan today. Your family may not be together when a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect; if separated. Establish a family meeting place that's familiar and easy to find.

1 Put a plan together.

Discuss these questions with your family, friends or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?

2 Consider specific needs in your household.

Tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in your family can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment.

3 Create a family emergency plan.

Make a **Family Emergency Plan** quickly and easily with at <https://www.ready.gov/plan-form>. Click the link or scan the QR code.



4 Practice your plan with your family/household.

Emergency supply kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own supplies to last for several days. Make sure your emergency kit is stocked with the items below.

Basic kit items:

- water (one gallon per person, per day)
- food (several days supply)
- radio (battery powered or hand-crank)
- flashlight
- first aid kit
- extra batteries (for flashlight, radio, etc.)
- whistle (to signal for help)
- dust mask (to filter air)
- wrench or pliers (to turn off utilities)
- manual can opener
- local maps
- cell phone with charger and backup battery

Additional items:

- soap, sanitizer or cleaner
- medications
- glasses and contact lens solution
- infant formula, diapers, wipes, etc.
- pet food and water
- cash
- important documents
- sleeping bag or blankets
- clothes and shoes
- matches
- personal hygiene items

Low and no cost preparedness

Disasters are costly but preparing for them doesn't have to be. In fact, taking time to prepare now can help save you thousands of dollars and give you peace of mind when the next disaster or emergency occurs.

Take these simple steps now to be better prepared for any disaster or emergency. Most cost little to nothing to do.

- **Know** what kind of disasters and emergencies are most common for where you live.
- **Create** your emergency communications plan. Use the [free template](#) (on page 2) to conveniently record important contact and medical information about your family.
- **Make sure** you store important phone numbers somewhere besides just your cell phone.
- **Sign up** for emergency [alerts](#) in your area to receive life-saving information from your state and local municipality.
- **Download** the [FEMA App](#) to receive weather alerts, safety tips and reminders and be ready for the unexpected.
- **Build** your [emergency supply kit](#) over time. Start with items you may already have in your home, like a flashlight, extra batteries, copies of important documents, water and non-perishable food. When you go to the grocery store, pick up an extra item on your list each time, especially if it's on sale! Community food banks may also be a resource for food-insecure families to stock their emergency supply kits.
- **Talk** with family or members of your household about where you will go if told to evacuate. Having a plan before disaster strikes can help you save time and money.
- **Store** important documents and items like passports, birth certificates, maps and electronics in a flood-safe place like a high shelf or upper floor in resealable water-tight plastic bags or bins to help waterproof them. [Store important documents](#) like insurance policies digitally.
- **Download** free [preparedness resources](#).



Prepare your pets

If you have a plan in place for you and your pets, you will encounter less difficulty, stress and worry when you need to make a decision during an emergency. If local officials ask you to evacuate, that means your pet should evacuate too. If you leave your pets behind, they may end up lost, injured or worse.

- **Have an evacuation plan for your pet.** Know a safe place where you can take your pets before disasters and emergencies happen.
- **Develop a buddy system.** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have your pet microchipped** and keep your contact information up to date.

Just as you do with your family's emergency supply kit, think first about the basics for survival. Have two pet kits, one larger kit if you are sheltering in place and one lightweight version for if you need to evacuate. Items to include in your kit include: food; water; medicine; first aid kit; collar with ID tag and a harness or leash; travel bag, carrier or crate; grooming items; sanitation needs; a picture of you and your pet together; and familiar items.



Preparedness for older adults & caregivers

Older adults and caregivers may face unique challenges during disasters. FEMA has developed easy to use guides for these individuals to help prepare for their special needs.

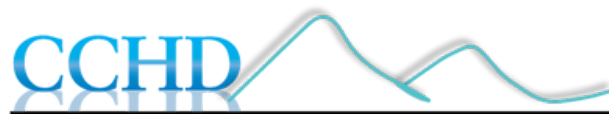
The **Disaster Preparedness Guide for Older Adults** can be found by clicking [here](#) or scanning the QR code.



The **Disaster Preparedness Guide for Caregivers** can be found by clicking [here](#) or scanning the QR code.



For more health & safety tips, visit www.clintonhealth.org/nchealtheffect or scan the QR code.



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Information in this guide was adapted from the Centers for Disease Control and Prevention (CDC, www.cdc.gov); the New York State Department of Health (NYSDOH, www.health.ny.gov); the U.S. Department of Homeland Security (www.ready.gov); and the American Red Cross (www.redcross.org).

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