

Hilltop Emergency Preparedness Guide

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HILLTOP EMERGENCY PREPAREDNESS GUIDE

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EMERGENCY INFORMATION RESOURCES

While federal, state and local government provides many services targeted to emergencies, individuals must be proactive in family emergency planning.

This guide provides some basic information on how to prepare yourself and your family for certain emergencies, and how to respond if they arise.

Much of the information in this guide comes from US government publications issued by the Department of Homeland Security and the Federal Emergency Management Agency (FEMA):

- Are You Ready?, a comprehensive emergency preparedness and response manual published by FEMA, found on-line at www.fema.gov/areyouready.
- Community Emergency Response Team (CERT) Participant Handbook, issued by FEMA.

Additional information on other, hopefully rare, emergencies, including a possible terrorism attack, can be found by logging on to the Department of Homeland Security's web site, www.ready.gov, or by calling 1-800-BE-READY for printed information.

Information on burglary prevention and what to do if your home is broken into has been provided by Chief Satriale and the Bronxville Police Department. Lieutenant Thomas Pintavalle, Eastchester Fire Prevention Bureau, vetted the fire information. Vicki Ford, Eastchester Trustee, and Mary Marvin, Bronxville Mayor, read the final copy.

Many thanks to all those who helped make this Guide a reality.

YOUR FIRST STEPS

- 1) Register for Bronxville Alerts @ bronxvillepd.com
- 2) Register with the Westchester County Community Emergency Notification System (CERNS) at www.westchester.gov. The County will contact the public directly in case of a large-scale emergency, using email, text messaging and/or phone messages to provide information to you.
- 3) Complete the Family Emergency Contacts information on pages 2, 3 and 4.
- 4) Keep Emergency Numbers, Websites and Media Sources and the completed emergency contact information on pages 2, 3 and 4, in a central spot and make certain all family members know how and when to use them.
- 5) Prepare your home and family as outlined on pages 5 through 10.

EMERGENCY NUMBERS, WEBSITES AND MEDIA SOURCES

Emergency-police/fire/ambulance.....911.....
Eastchester Volunteer Ambulance.....911.....eastchesterems.com
Poison Control.....911 or (800) 222-1212.....www.wnypoison.org
Bronxville Police(914) 337-0500villageofbronxville.com
Consolidated Edison.....(800)-752-6633.....coned.com
Eastchester Police.....(914) 961-3464eastchester.org
Fire Emergency.....(914) 793-6400.....eastchester.org
Fire Education/Prevention.....(914) 723-2784.....eastchester.org
Lawrence Hospital(914) 787-1000lawrencehealth.org
NY State Police(845) 677-7300.....troopers.state.ny.us

Family Doctor Name _____ Phone: _____

Family Pediatrician Name _____ Phone: _____

Family Dentist Name _____ Phone: _____

CVS Pharmacy.....(914) 961-6030

Value Drug Pharmacy(914) 337-2520

Eastchester Vol. Ambulanceeastchesterems.com

Bronxville Village Hall(914) 337-6500villageofbronxville.com

Eastchester Village Hall(914) 771-3300eastchester.org

Bronxville School(914) 395-0500.....bronxville.k12.ny.us

Bronxville Library(914) 337-7680.....villageofbronxville.com

MetroNorth/MTA.....(212) 532-4900.....mta.info

Verizon.....(914) 890-1550.....verizon.com

FBI(212) 384-1000.....fbi.gov

FEMA(800) 621-3362.....fema.gov

Homeland Security Department(202) 282-8000dhs.gov

Indian Point Emergency Planning Website.....westchestergov.com/discemergplan/

Westchester Dept. Emerg. Svs(914) 231-1850westchestergov.com/emergserv

NY State Office of Emergency Mgmt(914) 864-5241.....nysemo.state.ny.usgov

Westchester Recycling and Hazardous Waste.....(914) 813-5420.

NBC TVchannel 4.....wnbc.com

CBS TV.....channel 2wcbstv.com

CNN CableCablevison (CV) Ch 24.....,.....FIOS (F) Ch 100.....cnn.com

Fox News.....CV Ch 26.....F Ch 118.....foxnews.com

News 12 Westchester.....CV Ch 12news12.com

Bronxville Cable TVCV Ch 76..... F Ch 47.....geocities.com/tuckahoewx/bronxville.html

WOR radio.....710 amwor710.com

WABC radio770 amwabcradio.com

WCBS radio880 am.....wcb880.com

WINS radio1010 am1010wins.com

FAMILY EMERGENCY CONTACTS

PRIMARY CONTACTS

Name _____ Phone _____

Name _____ Phone _____

FAMILY CONTACT INFORMATION: PARENTS & CHILDREN

Name _____ DOB _____ Phone: _____ Cell: _____

Name _____ DOB _____ Phone: _____ Cell: _____

Name _____ DOB _____ Phone: _____ Cell: _____

Name _____ DOB _____ Phone: _____ Cell: _____

Name _____ DOB _____ Phone: _____ Cell: _____

Name _____ DOB _____ Phone: _____ Cell: _____

ADDITIONAL LOCAL CONTACTS

1st Contact Name: _____ Relationship _____

Home Address: _____ E-mail: _____

Home Phone: _____ Office Phone: _____ Cell Phone: _____

2nd Contact: Name: _____ Relationship _____

Home Address: _____ E-mail: _____

Home Phone: _____ Office Phone: _____ Cell Phone: _____

3rd Contact: Name: _____ Relationship _____

Home Address: _____ E-mail: _____

Home Phone: _____ Office Phone: _____ Cell Phone: _____

NEIGHBORS

- 1) Name: _____ Phone _____
Address _____ Needs _____ Skill _____
- 2) Name: _____ Phone _____
Address _____ Needs _____ Skill _____
- 3) Name: _____ Phone _____
Address _____ Needs _____ Skill _____
- 4) Name: _____ Phone _____
Address _____ Needs _____ Skill _____

OUT OF STATE CONTACTS

1st Contact: Name _____ Relationship _____

Home Address: _____

Office Address: _____ E-mail: _____

Home Phone: _____ Office Phone: _____ Cell Phone: _____

2nd Contact Name: _____ Relationship _____

Home Address: _____

Office Address: _____ E-mail: _____

Home Phone: _____ Office Phone: _____ Cell Phone: _____

3rd Contact Name: _____ Relationship _____

Home Address: _____

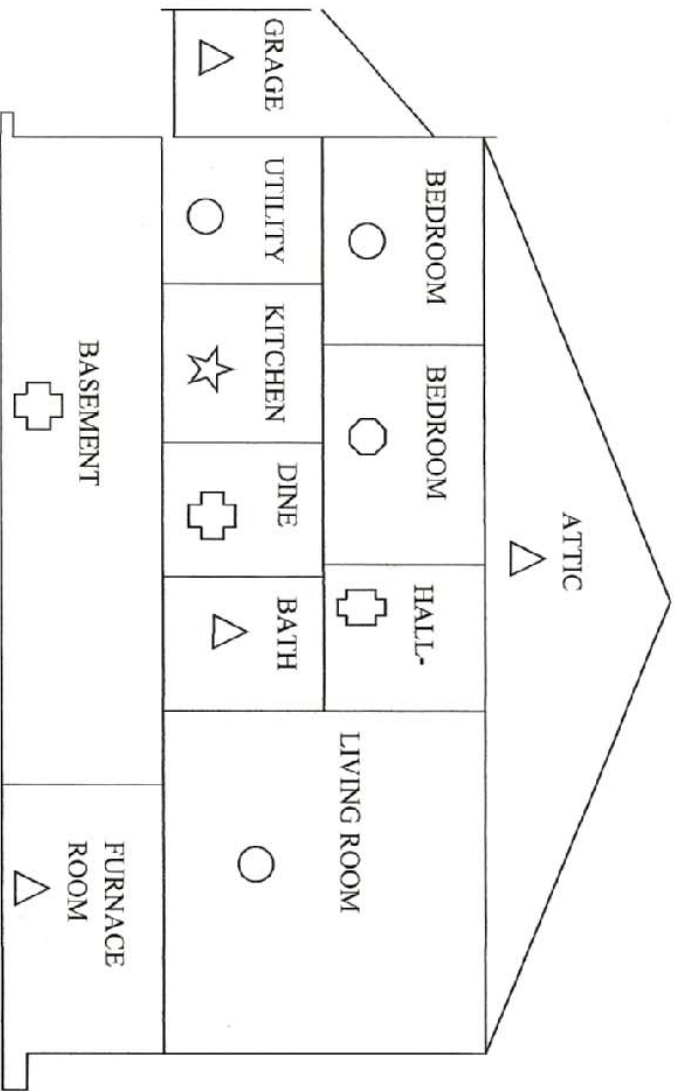
Office Address: _____ E-mail: _____

Home Phone: _____ Office Phone: _____ Cell Phone: _____

FAMILY PREPARATION & PLANNING FOR EMERGENCIES

Preparing for disaster helps everyone in the family understand that disasters do happen, and you don't need to be afraid. Preparation provides an opportunity to identify and collect the resources needed to handle disasters with confidence. When adults feel prepared, they cope better, and so do children. Do some basic preparations, as outlined in #s 1 - 10, and then have a family meeting to review #s 1-16.

- 1) Ask your local **fire department** to inspect your home for fire safety and prevention. Install smoke and carbon monoxide alarms on every level of your home. Place them outside bedrooms on the ceiling or high on the wall (4 to 12 inches from ceiling), inside each bedroom, at the top of open stairways, or at the bottom of enclosed stairs and near (but not in) the kitchen. Smoke alarms decrease your chances of dying in a fire by half. See the smoke alarm placement diagram on page 6.
 - Test and clean smoke alarms once a month and replace batteries at least once a year. Replace smoke alarms once every 10 years. (If you have an alarm company, check with them before cleaning any of their units.)
 - Install A-B-C-type fire extinguishers in your residence and teach family members how and when to use them.
 - Never use gasoline, benzine, naphtha, or similar flammable liquids indoors.
 - Store flammable liquids in approved containers in well-ventilated storage areas.
 - Never smoke near flammable liquids.
 - Discard all rags or materials that have been soaked in flammable liquids after you have used them. Safely discard them outdoors in a metal container. Never smoke in bed or when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before disposal.
 - Have the electrical wiring in your residence checked by an electrician.
 - Inspect extension cords for frayed or exposed wires or loose plugs. Only use extension cords on portable appliances. All other appliances, that are too big to move, should be plugged directly into an outlet.
 - Make sure outlets have cover plates and no exposed wiring.
 - Make sure wiring does not run under rugs, over nails, or across high-traffic areas.
 - Do not overload extension cords or outlets. If you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.
 - Make sure insulation does not touch bare electrical wiring.
 - Insulate chimney(s), place spark arresters on top, and remove branches hanging above and around it. The chimney should be at least three feet higher than the roof.
 - Be very cautious when using alternative heating sources. Follow manufacturer's instructions, and when in doubt about safety ask your local fire department.
 - Keep matches and lighters up high, away from children, and, if possible, in a locked cabinet.



Key

○ Ionization smoke alarm

△ Heat Alarm

☆ Photoelectric smoke alarm

⊕ Smoke/CO combo or one smoke and one CO alarm

RECOMMENDED DETECTOR LOCATIONS AND TYPES

IONIZATION ALARMS ARE GENERALLY MORE EFFECTIVE AT DETECTING FAST FLAMING FIRES

PHOTOELECTRIC ALARMS ARE GENERALLY MORE EFFECTIVE AT DETECTING SLOW, SMOLDERING FIRES THAT SMOLDER FOR HOURS BEFORE BURSTING INTO FLAMES

- 2) If you have **school-age children**, ask their school(s) for their emergency plans. (Bronxville School's plan is on its web site.)
 - Know where your children's classrooms are located.
 - Know your children's schedules (if changing classes) and rooms.
 - Know the school's emergency procedures and contact numbers.
- 3) Have a **wired (non-cordless) phone** in your home
- 4) Discuss emergencies with your **neighbors** and enter their names in your contact list.
- 5) **Regularly check for and** remove and trim dead or rotting branches and trees and shrubs that could fall and cause injury or damage during a severe thunderstorm or hurricane.
- 6) In advance of winter:
 - Get rock salt to melt ice on walkways.
 - Get sand to improve traction.
 - Get snow shovels and other snow removal equipment.
 - Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
 - Winterize your car.
- 7) Prepare for floods by:
 - Clearing loose and clogged rain gutters and downspouts.
 - Elevating the furnace, water heater, and electric panel if susceptible to flooding.
 - Installing "check valves" in sewer traps to prevent flood water from backing up into the drains of your home.
 - Sealing walls in basements with waterproofing compounds to avoid seepage.
- 8) Assemble your Grab & Go Kit. (see page 22)
- 9) Assemble an Emergency Supply Kit for your home and car(s). (see pages 23 – 27)

10) You can't see or smell **carbon monoxide**, but at high levels it can kill in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned.

Be aware that carbon Monoxide Poisoning Symptoms are similar to flu, food poisoning or other illnesses. At moderate levels, you can have severe headaches, dizziness, mental confusion, nausea, or fainting. If these levels persist for a long time, death is possible. At low levels, you can have shortness of breath, mild nausea, mild headaches, and possible longer term effects on your health.

- **Do** have your fuel-burning appliances -- including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves -- inspected by a trained professional at the beginning of every heating season. Make certain that your flues and chimneys are connected, in good condition, and not blocked.
- **Do** choose appliances that vent their fumes to the outside whenever possible, have them properly installed, and maintain them according to manufacturers' instructions.
- **Do** install carbon monoxide detectors with alarms on each floor of your home. CO detection technology is still developing, and is not considered as reliable as smoke detectors but still affords protection.
- **Do not** idle the car in a garage, even if the garage door to the outside is open. Fumes can build up very quickly in the garage and living area of your home.
- **Do not** use a gas oven to heat your home, even for a short time,
- **Do not ever** use a charcoal grill indoors, even in a fireplace,
- **Do not** sleep in any room with an unvented gas or kerosene space heater,
- **Do not** use any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, small engines or generators) in enclosed spaces.

11) Plan how you will assemble your family, and anticipate where you will go should you be asked to evacuate the area. Choose several destinations in different directions so you have options in an emergency. And discuss with the family!

- **Plan places** where your family will meet, both within and outside of your immediate neighborhood.
- Keep at least a **half tank of gas** in your car at all times.
- Keep your cell phones charged.
- Become familiar with **alternate routes** and other means of transportation out of your area.

- 12) Discuss with your family the **kinds of emergencies** that might happen in Bronxville and how to prepare for, and respond to them. See pages 11 through 21.
- Responding to Actual Emergencies (page 11)
 - Burglary Prevention (pages 12 & 13)
 - Fires (page 14)
 - Natural Gas (page 15)
 - Carbon Monoxide (page 15)
 - Electric Outages, (page 16)
 - Other Electric Problems (page 16)
 - Thunderstorms and Lightning, (pages 17)
 - Winter storms and Extreme cold, (page 18)
 - Extreme heat, (page 19)
 - Floods, (page 20)
 - Hurricanes (page 21)
- 13) Develop with your family an **escape plan** from every room of your house
- a. Consider needs of each child and of the physically disabled
 - b. Discuss the plan with family members
 - c. Run practice escape drills
 - d. Make sure that stairs and hallways are clear of clutter at all times
 - e. Agree on a central meeting point outside
- 14) Plan and discuss with your family members how to **stay in contact** if separated.
- a. Know each member's cell phone number, and program these numbers into each cell phone. ICE (In Case of Emergency) is often used as a heading under which all important contacts are listed. If you have young children, put a plasticized card with ICE [in case of emergency contact(s)] numbers in their backpacks. Discuss with them what ICE means and when to use these numbers.
 - b. Pick two meeting places
 - One a safe distance from your home in case of fire
 - One outside the Hilltop in case you cannot return to the neighborhood
 - In some emergencies, local phone lines may be busy, while long distance lines will be available. Identify an out-of-state contact for family members to call to "check-in" if local phone communication is not possible. Tell the family who this contact is and enter the number into their cell phones.
- 15) Discuss with your family the following points for **calling 911**.
- Be calm and succinct. Speak clearly and slowly and try not to be emotional.
 - State your name and location where the emergency is taking place.
 - State the nature of the emergency.
 - Indicate the number of people injured and the nature of their injuries.
 - Listen to the 911 operator and answer any questions asked.
 - Do not hang up until directed to do so by the 911 operator.

16) Educate your family about your utilities. Ask your utility company what situations require shut off and how to turn off your utilities in an emergency. Modify the following information to reflect their requirements.

- Locate the electric, gas and water shut-off valves.
- Keep necessary tools near gas and water shut-off valves.
- Teach family members how to turn off utilities.

Natural Gas [Con Edison: (800) 752-6633] [Fire Department: 911]

Natural gas leaks and explosions are responsible for a significant number of fires following disasters.

Because there are different gas shut-off procedures for different gas meter configurations, it is important to contact your local gas company for guidance on preparation and response regarding gas appliances and gas service to your home.

When you learn the proper shut-off procedure for your meter, share the information with all responsible household members. **Do not** actually turn off the gas when practicing the proper gas shut-off procedure.

- **If you turn the gas off, a professional must turn it back on. Never attempt to do this yourself.**

Electricity [Con Edison: (800) 752-6633]

Electrical sparks have the potential to create fire and ignite natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

Preparing to Shut Off Electricity

- Locate your electricity circuit box.
- Teach all responsible household members how to shut off the electricity to the entire house – and check with your electrician on how to turn it on again safely.

FOR YOUR SAFETY: Always shut off all the individual circuits before shutting off the main circuit breaker.

RESPONDING TO ACTUAL EMERGENCIES

In an emergency, evaluate the situation and then develop a specific response plan. BE CALM. Your calm will help others keep their calm. In addition to the topics you discussed with your family on pages 5 through 10, ask yourself the following questions and act accordingly.

- 1) What is the nature of the emergency? If the emergency is not localized (weather, etc.), tune in your radio and TV to local emergency channels for information.
- 2) Is the scene of the emergency stable or dangerous for you and others? Go to safety quickly if you feel that you are at immediate risk of injury, and then call 911.
- 3) **Take your Grab and Go and Emergency Supply Kits** if necessary and there is time.
- 4) **Lock** the door behind you.
- 5) Take your **pets** with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.
- 6) If time allows, call or email the "out-of-state" contacts in your family communications plan and tell them where you are going.
- 7) If there is damage to your home and there is time, it is safe, and you are instructed to do so, shut off the water, gas and electricity before leaving.
- 8) Leave a note telling others when you left and where you are going.
- 9) Check with neighbors who may need a ride.

BURGLARY PREVENTION [Bronxville Police 337-0500]

Common-sense preventive measures will help reduce the likelihood that your home will be victimized.

- Lock doors and windows even while you are home. 40% of home invasions take place because a door or window was left unlocked.
- Consider installing a home security/alarm system.
- Have a neighbor pick up your mail and newspapers if you are not home.
- During an extended vacation, make arrangements to have someone mow your lawn and trim your bushes.
- Leave lights on automatic timers – make your home look lived in.
- Notify the Bronxville police department that you will be away.
- Ask a neighbor or friend to stop by your house periodically; have them open and close blinds, turn on different lights.
- Let your neighbors know when you are leaving, when you plan to return home and if you are expecting anybody at your house while you are away.
- Burglars want easy access to your home. Make sure all trees and shrubs are trimmed near all doors and windows where intruders might hide. Add exterior lights and consider lights that are activated by motion sensors.
- Burglars like to work quickly, so try to slow down their path into and around the house. You can accomplish this with:
 - deadbolt locks
 - window locks
 - bars placed in the tracks or track locks on all sliding glass doors and windows (if they would not impede your escape in an emergency)
 - locks on all doors and windows
- Don't announce you are gone on your telephone answering machine.
- Don't hide your keys on your property outside your home.
- A nosy neighbor is a burglar's worst enemy. Get to know your neighbors and work out an arrangement to watch each other's houses. Let them know when you will be gone and whether any deliveries are expected during your absence.
- Store jewelry and other valuables in a safe hiding place, such as a safety deposit box.
- Go through each room and write down a list of possessions, including serial numbers. Take pictures and/or videos of your valuables and keep these records in a safe place, or with a friend or relative. This will help police and insurance in the event of a burglary.
- Lock your car.
- Do not leave bicycles or other possessions outside when not in use.
- Change your remote controlled garage door keypad access code after installation. Many come with a standard “1234.” Keep opener hidden and car locked.

IF YOUR HOME IS BROKEN INTO

If you come home to find an unexplained open/broken window or door or other sign that your home may have been broken into:

- DO NOT ENTER - the perpetrator may still be inside.
- Use a neighbor's phone to call police.
- Do not touch anything or clean up until the police have inspected for evidence.
- Write down the license plate numbers of any suspicious vehicles.
- Note the descriptions of any suspicious persons.

The MOST important thing YOU can do is CALL THE POLICE to report a CRIME or any SUSPICIOUS activity. You have to be the eyes of your neighborhood. And remember you can always remain a pair of anonymous eyes!

Remember the three L's of Crime Prevention: LIGHTS, LOCKS & the LAW!

LIGHT up your residence, LOCK your doors at all times, and call the LAW when you see something suspicious.

FIRES [Emergency 911 or Fire Department 793-6400]

Fire spreads fast; there is no time to gather valuables or make a phone call. In two minutes, fire can become life-threatening. In five minutes, a residence can be engulfed in flames.

Heat and smoke from fire can be more dangerous than flames. Inhaling the super-hot air can sear your lungs. Fire produces poisonous gases that make you disoriented and drowsy. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.

PLAN YOUR ESCAPE FROM THE FIRE

- If there is a fire, call 911 from outside the home.
- Review escape routes with your family. Practice escaping from each room.
- Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature so they can be easily opened from the inside.
- Consider escape ladders if your residence has more than one level, and ensure that burglar bars and other antitheft mechanisms that block outside window entry are easily opened from the inside.
- Teach family members to stay low to the floor (where the air is safer in a fire) when escaping from a fire.
- Never reenter the home for any reason until the fire department says you can.

NATURAL GAS [Con Edison: (800) 752-6633] [Fire Department: 911]

Natural gas leaks and explosions are responsible for a significant number of fires following disasters.

- Leave your home immediately if you smell gas or hear a blowing or hissing noise – and open windows as you go, if you can.
- Do not turn on any lights/fans/electrical devices if you smell gas.
- Call the gas company from a neighbor's home, and if advised, turn off the gas, using the outside main..

- | |
|---|
| <ul style="list-style-type: none">• If you turn the gas off, a professional must turn it back on. Never attempt to do this yourself. |
|---|

CARBON MONOXIDE [Con Edison: (800) 752-6633]

If the carbon monoxide alarm goes off, leave the house immediately and get fresh air. As you leave, if you can, open doors and windows, turn off combustion appliances and **leave the house.**

If you suspect that you have carbon monoxide poisoning, go immediately to the emergency room and tell the physician you suspect CO poisoning. If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.

Don't ignore symptoms, particularly if more than one person is feeling them. You could lose consciousness – and possibly die if you do nothing.

ELECTRIC OUTAGES [Con Ed 800-752-6633]

Electrical outages can range from brown-outs during times of peak electrical usage to complete outages from storm or other damage to the electrical grid.

- Bring out your Grab and Go and Emergency Supply Kits.
- Know where to find water.
- Take special steps if you have special needs. Register with your utility company if you rely on life-support equipment or other electrical equipment to maintain your health so that your home will be treated as a top priority in the event of an electrical outage.
- Only use flashlights for emergency lighting. Never use candles!
- Turn off electrical equipment you were using when the power went out.
- Avoid opening the refrigerator and freezer. Refrigerated food should stay good for up to 6 hours while food in your freezer should be good for up to 2 days. Do not consume food if you are uncertain if it is good. When in doubt, throw it out.
- Do not run a generator inside a home or garage.
- If you use a generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a generator to a home's electrical system.
- Keep your cell phone charged and have a wired (non-cordless) house phone. Your cell phone and/or local phone service (e.g. Verizon) may function during an electrical outage.
- Listen to your battery powered radio for updated information.

OTHER ELECTRIC PROBLEMS

Electrical sparks have the potential to cause fire and ignite natural gas if it is leaking.

If there is an electrical problem, shut off the electricity to the entire house.

FOR YOUR SAFETY: Always shut off all the individual circuits before shutting off the main circuit breaker.

Check with your electrician on how to turn the electricity on again safely.

THUNDERSTORMS AND LIGHTNING

All thunderstorms are dangerous. Every thunderstorm produces lightning. In the U.S., an average of 300 people are injured and 80 people are killed each year by lightning.

Other associated dangers of thunderstorms include tornadoes, strong winds, hail, and flash flooding.

IF A THUNDERSTORM IS LIKELY IN YOUR AREA

- Postpone outdoor activities.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items such as TVs and computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Use your battery-operated NOAA Weather Radio for updates from local officials.
- Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Avoid the following: natural lightning rods, i.e. a tall, isolated tree in an open area; hilltops, open fields, the beach, or a boat on the water; isolated sheds or other small structures in open areas; anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles

WINTER STORMS AND EXTREME COLD

Heavy snowfall and extreme cold can immobilize an entire region. Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia.

TAKE PROTECTIVE MEASURES

DRESS FOR THE WEATHER

- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Wear a hat.
- Cover your mouth with a scarf to protect your lungs.

DURING A WINTER STORM OR UNDER CONDITIONS OF EXTREME COLD

- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information.
- Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If you see symptoms of hypothermia, get the victim to a warm location, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
- If necessary to conserve fuel, keep your residence cooler than normal. Temporarily close off heat to some rooms.
- If using an alternate heater, know how to use it SAFELY.

EXTREME HEAT

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

TAKE PROTECTIVE MEASURES

DURING A HEAT EMERGENCY OR EXTREMELY HOT WEATHER

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water, particularly fluids containing electrolytes, like Gatorade and Pedialyte. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake. Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- **Never** leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

FLOODS

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. In addition, the very old Bronxville sewer system can periodically break and cause back-up problems

DRIVING FLOOD FACTS TO REMEMBER

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

AFTER THE FLOOD

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines, and report them to the power company.
- If you had to leave your home, return only when authorities indicate it is safe.
- Stay out of any building surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Service damaged sewer systems/pipes as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

HURRICANES

A hurricane is a type of tropical cyclone, the generic term for a low pressure system that generally forms in the tropics. A typical cyclone is accompanied by thunderstorms, and in the Northern Hemisphere, a counterclockwise circulation of winds near the earth's surface. Hurricanes can produce widespread torrential rains. The Atlantic hurricane season lasts from June to November, with the peak season from mid-August to late October.

DURING A HURRICANE

- Listen to the radio or TV for information.
- Secure your home, close storm shutters, and secure outdoor objects or bring them indoors.
- Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors. Secure and brace external doors.
- Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm - winds will pick up again.

GRAB & GO KIT

This kit, which may be kept in a metal tool box, contains critical documents and supplies and should be stored in a central location for easy access.

- Birth certificates
- Passports
- Copies of critical prescriptions
- Cash/traveler checks
- Social Security cards/numbers
- Health/Dental insurance cards
- Bank account statements/numbers
- Credit and bank cards
- Driver's licenses
- Notebook computer
- Cellular phone chargers
- Battery powered transistor radio and spare batteries
- Flashlights
- Copies of EMERGENCY NUMBERS, WEBSITES AND MEDIA SOURCES and FAMILY EMERGENCY CONTACTS (pages 2 through 4)

EMERGENCY SUPPLY KIT

1) First Aid Supplies

Supplies	Home	Vehicle	Work
Adhesive bandages, various sizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 " x 9 " sterile dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conforming roller gauze bandage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triangular bandages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 " x 3 " sterile gauze pads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 " x 4 " sterile gauze pads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll 3 " cohesive bandage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Germicidal hand wipes or waterless, alcohol-based hand sanitizer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pairs large, medical grade, non-latex gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tongue depressor blades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adhesive tape, 2 " width	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antibacterial ointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold pack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scissors (small, personal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assorted sizes of safety pins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cotton balls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tube of petroleum jelly or other lubricant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CPR breathing barrier, such as a face shield	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First aid manual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2) Non-Prescription and Prescription Medicine Kit Supplies

Supplies	Home	Vehicle	Work
Aspirin and non-aspirin pain reliever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anti-diarrhea medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antacid (for stomach upset)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laxative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescriptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extra eyeglasses/contact lenses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3) Sanitation and Hygiene Supplies

Item	Item
Washcloth and towel	<input type="checkbox"/> Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper <input type="checkbox"/>
Towelettes, soap, hand sanitizer	<input type="checkbox"/> Medium-sized plastic bucket with tight lid <input type="checkbox"/>
Tooth paste, toothbrushes	<input type="checkbox"/> Disinfectant and household chlorine bleach <input type="checkbox"/>
Shampoo, comb, and brush	<input type="checkbox"/> A small shovel for digging a latrine <input type="checkbox"/>
Deodorants, sunscreen	<input type="checkbox"/> Toilet paper <input type="checkbox"/>
Razor, shaving cream	<input type="checkbox"/> Contact lens solutions <input type="checkbox"/>
Lip balm, insect repellent	<input type="checkbox"/> Mirror <input type="checkbox"/>
Feminine supplies	<input type="checkbox"/>

4) Equipment and Tools

Tools		Kitchen items	
Portable, battery-powered radio or television and extra batteries	<input type="checkbox"/>	Manual can opener	<input type="checkbox"/>
NOAA Weather Radio, if appropriate for your area	<input type="checkbox"/>	Mess kits or paper cups, plates, and plastic utensils	<input type="checkbox"/>
Flashlight and extra batteries	<input type="checkbox"/>	All-purpose knife	<input type="checkbox"/>
Signal flare	<input type="checkbox"/>	Household liquid bleach to treat drinking water	<input type="checkbox"/>
Matches in a waterproof container (or waterproof matches)	<input type="checkbox"/>	Sugar, salt, pepper	<input type="checkbox"/>
Shut-off wrench, pliers, shovel, and other tools	<input type="checkbox"/>	Aluminum foil and plastic wrap	<input type="checkbox"/>
Duct tape and scissors	<input type="checkbox"/>	Resealable plastic bags	<input type="checkbox"/>
Plastic sheeting	<input type="checkbox"/>	Small cooking stove and a can of cooking fuel (if food must be cooked)	<input type="checkbox"/>
Whistle	<input type="checkbox"/>		
Small canister, ABC-type fire extinguisher	<input type="checkbox"/>	Comfort Items	
Tube tent	<input type="checkbox"/>	Games	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Cards	<input type="checkbox"/>
Work gloves	<input type="checkbox"/>	Books	<input type="checkbox"/>
Paper, pens, and pencils	<input type="checkbox"/>	Toys for kids	<input type="checkbox"/>
Needles and thread	<input type="checkbox"/>	Foods	<input type="checkbox"/>
Battery-operated travel alarm clock	<input type="checkbox"/>		

5) Food and Water – 3 day supply

Supplies	Home	Vehicle	Work
Water – 3 gallons/person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ready-to-eat meats, fruits, and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned or boxed juices, milk, and soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Special foods for infants or persons on special diets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookies, hard candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instant coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cereals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Powdered milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6) Clothes and Bedding Supplies

Item	
Complete change of clothes	<input type="checkbox"/>
Sturdy shoes or boots	<input type="checkbox"/>
Rain gear	<input type="checkbox"/>
Hat and gloves	<input type="checkbox"/>
Extra socks	<input type="checkbox"/>
Extra underwear	<input type="checkbox"/>
Thermal underwear	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Blankets/sleeping bags and pillows	<input type="checkbox"/>

7) Documents and Keys

Item	Stored
Personal identification	<input type="checkbox"/>
Cash and coins	<input type="checkbox"/>
Credit cards	<input type="checkbox"/>
Extra set of house keys and car keys	<input type="checkbox"/>
Copies of the following:	<input type="checkbox"/>
Birth certificate	<input type="checkbox"/>
Marriage certificate	<input type="checkbox"/>
Driver's license	<input type="checkbox"/>
Social Security cards	<input type="checkbox"/>
Passports	<input type="checkbox"/>
Wills	<input type="checkbox"/>
Deeds	<input type="checkbox"/>
Inventory of household goods	<input type="checkbox"/>
Insurance papers	<input type="checkbox"/>
Immunization records	<input type="checkbox"/>
Bank and credit card account numbers	<input type="checkbox"/>
Stocks and bonds	<input type="checkbox"/>
Emergency contact list and phone numbers	<input type="checkbox"/>
Map of the area and phone numbers of places you could go	<input type="checkbox"/>