LYNDHURST

OFFICE OF EMERGENCY MANAGEMENT
TOWNSHIP OF LYNDHURST
STATE OF NEW JERSEY
COUNTY OF BERGEN
ESTABLISHED 1917

EMERGENCY MANAGEMENT

EMERGENCY

PREPAREDNESS GUIDE

2018

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Emergency Services

To report an EMERGENCY – *Dial 9-1-1*

Lyndhurst Police *Non-Emergency*	(201) 939-2900
www.lyndhurstpolice.com	
Lyndhurst Fire Dept.	(201) 939-2900
www.lyndhurstnjfire.org	
Fire Prevention Bureau	(201) 933-3079
Lyndhurst Police Emergency Squad	(201) 804-2511
www.emergencysquad.com	
Municipal Annex:	(201) 804-2457
Public Works:	(201) 438-5478
Health Department:	(201) 804-2500

www.lyndhurstnj.org

Lyndhurst Office of Emergency Management
367 Valley Brook Avenue
Lyndhurst, NJ 07071
(201) 804-2440

TOWNSHIP OF LYNDHURST
OFFICE OF EMERGENCY MANAGEMENT
367 VALLEY BROOK AVENUE
(201) 804-2440

Paul N. Haggerty
OEM Coordinator

Andrew Marmorato
Deputy OEM Coordinator

Paul F. Haggerty
Deputy OEM Coordinator

Dear Neighbor,

On behalf of the Lyndhurst Office of Emergency Management, we are pleased to share this Emergency Preparedness Guidebook with you, your family, coworkers, neighbors, and friends. This guidebook is the second edition published since first introduced in 2014. This guidebook addresses multiple incidents that have the potential of occurring in our community. Please print this information and share it with your family and friends. This guide is available in electronic downloadable PDF format which will be made available on the township's web site, **www.lyndhurstnj.org**, as well as the Lyndhurst OEM Facebook, Twitter, and Nixle feeds.

Our hope is that this information helps you prepare for what may be considered by some as the unexpected. Through this information, you can share ideas and establish a dialog with your neighbors. Despite the fact that the Township of Lyndhurst's Emergency Services and officials plan and train extensively for a variety of emergencies, a disaster can rapidly overwhelm Municipal, County, State, and Federal resources. Therefore, Emergency Management encourages you to plan, prepare, and stay alert. By doing so, you drastically increase your odds of safety and survival during a disaster whether it be of small or large scale. When you are prepared, you are also doing your part in the community by allowing emergency service personnel to direct their resources to those in need of the most emergent assistance.

A key component of emergency preparedness is to stay informed and be aware of what is going on around you. That includes monitoring weather conditions, staying current on local news, and making sure you receive timely information from local government officials.

We encourage you to register your information with the county's reverse 9-1-1 telephone alerting system, Swift 911, by visiting the Bergen County Office of Emergency Management website, **www.bcoem.org**. This database is confidential and will not be shared. If you haven't done so, we also urge that you sign up for Nixle text and e-mail alerts which will keep you in constant contact with us leading up to and after an incident. This will enhance your preparedness and expedite the recovery process after. You can register by texting "07071" to 888-777 or by visiting **www.nixle.com**. Additionally, you can also like us on **Facebook** and follow us on **Twitter** @Lyndhurst NJOEM. It is also strongly suggested that you obtain a battery powered crank radio from a local retail store to stay informed on the township's emergency advisory radio station, 1700 AM. As we learned most recently during Superstom Sandy, all of the above are excellent sources of receiving information until cellular and internet service becomes unavailable.

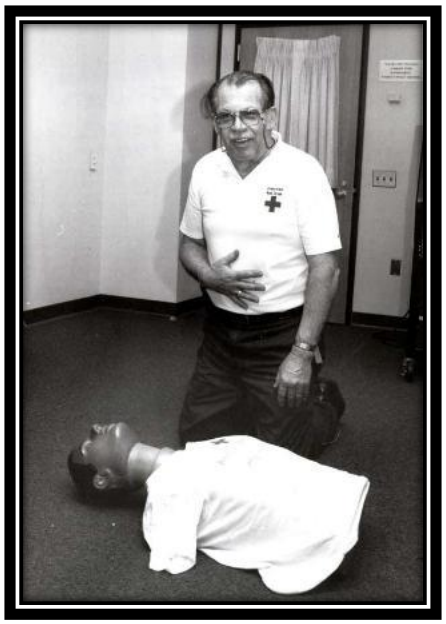
We thank you for allowing us to help you be prepared.

Sincerely,

Paul N. Haggerty

Paul N. Haggerty
Emergency Management Coordinator

Dedication



This Emergency Preparedness is dedicated to the late Walter Friedrichs, former Emergency Management Coordinator and member of the Lyndhurst Police Emergency Squad. Walter was the epitomized a true volunteer and first responder. A lifelong Lyndhurst resident, Walter was committed to the safety of his community.

In 1952 Walter started his career of selfless volunteerism by joining the Lyndhurst Police Emergency Squad. A few years later, Walter continued taking on more, as he felt that he could continue to do more for his community, and he was appointed as the Civil Defense Director. Upon the Civil Defense being transformed into the Office of Emergency Management nationwide, Walter was appointed as the township's first OEM Coordinator. Hence, Walter seemingly became thought of as Lyndhurst's father of OEM.

Bergen County Clerk Kathleen Donovan, who grew up in Lyndhurst, "Walter was Mr. Emergency Squad. He took care of thousands of people and was one of the finest men I ever knew."

"You will never find another man as dedicated as Walter." *Paul N. Haggerty - OEM Coordinator/Firefighter, and Retired Lyndhurst Police Captain.*

"And nine times out of 10, Walter showed up even if he wasn't on duty," ."That's the type of guy he was. He was always there." *Anita L. Carbone - Lyndhurst Public Safety Dispatcher and Lyndhurst Police emergency Squad life member*.

Prior to passing away at the age of 88, Walter was recognized by HUMC for his expertise in rescue and first aid. As if serving his community was not enough, Walter served on the Bergen County EMS Advisory board as a first aid instructor under the American Res Cross where he visited corporate office to teach life saving techniques to employees.

May Walter's memory live on through the current and future Mitigation, Preparedness, Response, and Recovery efforts employed through the township.

History

Emergency Management in New Jersey - A Historical Perspective
The NJ Office of Emergency Management office has evolved from a small agency with limited planning, training, and response capabilities to its present status as an integral part of state government.

Before1950, federal and state disaster relief programs focused on protecting the U.S. population from acts of war. At that time, key functions of the integrated emergency management program model used today - evacuation planning, sheltering, volunteer management, alert and warning, and resource management - were elements of the "civilian defense plans" developed to prepare for war-related activities.
During the 1950's and 1960's, the N.J. Civil Defense Office was primarily responsible for coordination with its designated federal counterpart to disseminate information on civil defense, to maintain civil defense communications, and to provide for civil defense training programs. Nationally, the federal government offered assistance on a per-incident basis to victims of natural disasters.

Until 1979, emergency management programs dedicated to specific hazards were scattered around the national government in various Federal agencies. During this time, the realization was growing that managing an emergency successfully included attention to all phases of the emergency -- mitigation (risk reduction), preparedness, response, and recovery - and similar emergency management strategies could apply whether the emergency was a flood, earthquake, drought, fire, chemical spill or a terrorist attack.
The increase in technological disasters in the 1970's and 1980's - many due to hazardous chemical emergencies - brought about the "all-hazard" approach to emergency management and the emergence of state offices with a much broader scope of responsibility.

In 1979, after the Three Mile Island Nuclear Generating Station incident, President Carter established the Federal Emergency Management Agency (FEMA). This vested in the President all functions that had been delegated or assigned to the Civil Defense Preparedness Agency, the Federal Disaster Assistance Administration, the Federal Preparedness Agency, and the agencies named in the Earthquake Hazards Reduction Act of 1977.

History

All of the functions, powers and duties of the Office of Civilian Defense Director in the Department of Law and Public Safety as provided in the July 22, 1976 Reorganization Plan are carried out by the State Director of Emergency Management.
The Superintendent of the New Jersey State Police is generally also appointed as the

In 1980, amendments to the Civil Defense Act mandated FEMA to work with the State and local governments to assist them in setting up emergency management programs. These amendments prescribed the coordination and support role that FEMA plays to State and local governments.

Amendments to the Civil Defense Act also provided for "dual use" of funds, meaning that Federal funding to the states may be used to prepare for and respond to natural and technological emergencies to the extent that the use of funds is consistent with, contributes to, and does not detract from attack preparedness. Once all emergency programs were established under FEMA, work began to consolidate functional activities that were similar for all emergencies (such as evacuation or public education) into a unified planning effort.

A Presidential Executive Order states that the Director of the FEMA will represent the President in working with State and local governments and the private sector to stimulate vigorous participation in civil emergency preparedness, mitigation, response, and recovery programs. The FEMA Director also develops policies which provide that all emergency management functions, resources and systems of executive agencies are integrated with organizations, resources and programs of state and local governments, the private sector and volunteer organizations.

In New Jersey, a Reorganization Plan was submitted to the Legislature to transfer the functions, powers and duties of the Office of Civilian Defense Director from the Department of Defense to the Department of Law and Public Safety on July 22, 1976. Pursuant to an order of Attorney General William F. Hyland dated January 12, 1978, the Office of Civilian Defense Director was established in the Division of State Police. Colonel Clinton L. Pagano, Superintendent, New Jersey State Police was appointed as the State Director on February 10, 1978. On December 17, 1980, the

History

Honorable Brendan Byrne, Governor of the State of New Jersey, issued Executive Order 101, triggered by the creation of the Federal Emergency Management Agency as previously described, which renamed the Office of the Civilian Defense Director as the Office of Emergency Management.

State Director of the New Jersey Office of Emergency Management.
In order to effectuate the powers of the Governor, the State Director of Emergency Management supervises, directs and controls the appointment of one or more deputies and/or assistants to control the daily activities of the State Office of Emergency Management. The function and staffing of the Office of Emergency Management will be as proposed from time to time by the State Director of Emergency Management with the approval of the Attorney General.

The Governor of New Jersey has the overall responsibility for Emergency Management activities in the State. On behalf of the Governor all activities and departments are coordinated, directed and controlled from the State Office of Emergency Management, Emergency Operations Center.

The Need For Emergency Preparedness

This guide explains how you and your family can protect yourselves during an emergency. When disaster strikes, you may not have much time to act. Please prepare now for a sudden emergency. Emergencies can be broken down into several categories: those that can cause you to take shelter in your home for days, even weeks, those that cause you to evacuate your home, and those that can trap you in your vehicle or a sheltering place away from your home.

Lyndhurst emergency planners, working closely with federal, state, county, and local officials, have put together this booklet of emergency information and checklists for different types of emergencies, to get you started as you plan ahead for emergencies that can occur in our area.
Please read this booklet, ask others in your family to read it, and put it in a place where you can find it during an emergency.

A weather emergency or disaster and its after effects can last for days or weeks, during which you may be without heat, water, power or telephone. Prepare now so you're ready.
Do it today, don't delay

Use the **Emergency Preparedness Checklists included in this booklet to make sure you have** everything you need to stay inside your home for as long as a week if necessary.

To prepare for an emergency that requires you to evacuate your home
Make arrangements to stay with a relative or friend who lives 10 to 50 miles away, in case you have to evacuate your home during an emergency. If you cannot make these arrangements, locations of temporary shelters where you can stay during an emergency can be obtained from the American Red Cross or the Lyndhurst Office of Emergency Management

The Need For Emergency Preparedness

An "All=Purpose" Checklist

Use the following checklist to be sure that you are prepared for any type of emergency:

- ✓ Warm clothing that can be worn in layers.
- ✓ Extra blankets/sleeping bags.
- ✓ Portable radio/flashlight/extra batteries.
- ✓ First Aid kit & prescription medications.
- ✓ An extra pair of glasses and lists of important family papers, hardcopy photographs of family members to take with you.
- ✓ Non-perishable, high energy food that can be eaten without cooking.
- ✓ A supply of drinking, cooking, and bathing water.
- ✓ Extra towels or paper toweling
- ✓ Extra baby supplies, if caring for infants
- ✓ Extra prescription medications and supplies, if caring for elderly or infirm
- ✓ Extra food and supplies for pets.
- ✓ A fully charged fire extinguisher
- ✓Working battery powered smoke & carbon monoxide.

BE READY IN A FLASH

Protect yourself by scanning all your important documents and storing them on a Survival Flash Drive and label it *ICE– In Case of Emergency.*

WHAT TO PUT ON YOUR FLASH DRIVE:

Driver's License, Birth Certificate, Social Security Card, Passport, Marriage Certificate, Firearm Permit(s), Veteran Discharge Papers, Immigration Papers, Medical Records, Vaccination Records, Health Plan Info., Business Records, Bank Accounts, Credit Card Accounts, Insurance Auto/Home, Real Estate/Mortgage, Rental Agreement, Contracts, Wills, Power of Attorney, Divorce Papers, Restraining Orders.

Other Information:

Current Photos of each Family Member & Pet, Important Family Pictures, Emergency Contact List with Addresses and Phone Numbers.

KEEP IT UPDATED!

Stay Connected – Stay Informed

Before, during and after a disaster, it is critical that you seek out the most local, up-to-date information from emergency officials. Public officials communicate emergency information to the public through various means, depending on the circumstances. Local media are often used to convey instructions from local, state, and federal government partners, such as:

- Orders to evacuate
- Evacuation routes
- Locations of evacuation shelters
- How to safely stay where you are
- Where to find assistance
- Weather warnings and watches

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. There are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could occur where you live and the appropriate way to respond to them. Knowing what to do during an emergency is an important part of being prepared.

It's also important to know what kinds of threats could occur in the Bergen County area. Explore the Are You Ready? disaster links at**www.ready.gov and http://ready.nj.gov/plan/threatsFemergencies.html to learn more** about these threats and how to respond to them.

Bergen County has a Reverse 911 system referred to as the Emergency Notification System. It will leave messages on a landline or a cell phone. You may register for this service by visiting **www.bcoem.org and clicking on the Swift 911 portal.**

Connect for FREE with Lyndhurst, NJ OEM on: @LyndhurstNJOEM

Federal Emergency Management Agency (FEMA)
www.ready.gov/naturalFdisasters

NOAA National Weather Service
www.weather.gov/safety

New Jersey Office of Emergency Management
www.ready.nj.gov

Township of Lyndhurst
www.lyndhurstnj.org

Stay Connected – Stay Informed

Connect for FREE with Lyndhurst, NJ OEM on AM Radio 1700 (WPUV838)

Did you know that during power failures, natural, and man made disasters cellular phones and internet may become unavailable? While modern day cellular phone data and internet are the most utilized everyday, you may be left in the dark when disaster strikes.

During some recent disasters such as Hurricanes Irene & Sandy, most lost cellular coverage as well as internet. Sometimes the old fashion way is the only way. Purchase a hand crank/battery operated radio at your local hardware or outdoor sporting good store, and Tune to AM 1700 for Emergency Information and Warning in Lyndhurst, NJ.

No Cell Service & No Power, Try These to stay connected:

- Traditional copper phone lines will work when VOIP/Digital lines fail.
- CB Radio & HAM Radio
- AM Radio 1700 (Crank-Battery Radio) AM 1010 WINS

LYNDHURST TWP

EMERGENCY

INFORMATION

TUNE AM RADIO

TO 1700

Township of Lyndhurst - Station WPUV-838
1.700 AM Alert Radio Reception Tips
FCC Limited to 10 Watts ERP

If you are experiencing noisy reception, it may be helpful to identify the sources of noise and static that interfere with AM Radio reception.

Sources of Noise

Likely sources of noise & emissions within the listener home:

*Dimmer Control
*Light
*Computer
*Laptop Charger
*Touch Lamp
*Neon Lighting
* Touch Lamp
* Cell Phone Charger
* Nearby Television Set
* Cable TV Box
* Door Bell Transformer
* Power Transformer

Likely sources of noise & emissions outside of the listener home:

*Electric Company Transformer
*Engines running without resistor spark plugs
*Static from a Thunderstorm
*Cable TV Leak

Once the source of the noise is indentified, the solution, is to power off the offending source while listening to your AM radio or locate the AM radio far enough away from the source to eliminate the interference.

To Improve Reception

*Rotate the radio, many radios have directional antennas
*Place the AM radio near a window
*Move the radio to a different location in the home

During the period from local sunset to sunrise, especially during winter months, it is possible that distant stations also operating on the same frequency as WPUV-838 will interfere. To minimize or eliminate this type of interference, rotate your AM radio or external directional antenna to improve reception.

State of Emergency

1. What is a State of Emergency?
The Governor declares a State of Emergency when he/she believes a disaster has occurred or may be imminent that is severe enough to require State aid to supplement local resources in preventing or alleviating damages, loss, hardship or suffering. This declaration authorizes the Governor to speed State agency assistance to communities in need. It enables him to make resources immediately available to rescue, evacuate, shelter, provide essential commodities (i.e., heating fuel, food, etc.) and quell disturbances in affected localities. It may also position the State to seek federal assistance when the scope of the event exceeds the State's resources.

2. Does a State of Emergency declaration direct citizens to take any particular action?
No. The declaration empowers the New Jersey Office of Emergency Management (NJOEM) to act on behalf of the Governor to employ the resources and assets of State, local and private agencies to provide immediate assistance to localities. Typically, the New Jersey State Police, National Guard, and departments of Environmental Protection, Transportation and Health are called upon rather quickly to respond to the event, and other departments are added as needed.
After the Governor issues the declaration, NJOEM puts the State Emergency Operations Plan into effect. It may also activate the State Emergency Operations Center to full 24-hour staffing to coordinate and direct State response and recovery operations. In addition, NJOEM may call on a number of private agencies such as the American Red Cross, The Salvation Army, and the Voluntary Organizations Active in Disaster (VOAD) network to fulfill critical missions. The Radio Amateur Civil Emergency Service (RACES) often provides backup emergency communications and the Civil Air Patrol may assist in search and rescue missions

3. Does a State of Emergency mean you aren't allowed to go anywhere or do anything until it's lifted?
A: The Governor's declaration does not normally restrict citizen movements or activities. The State may limit access to affected areas due to concerns for public safety but will notify the public of these restrictions. If it is necessary to impose vehicular or personal movement restrictions, the New Jersey Office of Emergency Management will alert the public using all available means, including, but not limited to: the Emergency Alert System, urgent press releases, DOT highway signs, law enforcement teletypes, etc. Every effort will be made by NJOEM to facilitate safe passage for utility, health care and emergency services workers whose presence is necessary for public safety or in response to the Emergency.

State of Emergency

4. How long does a State of Emergency remain in effect?
The Governor will rescind the State of Emergency when it is no longer needed to provide necessary support to localities or until the threat of impending danger from the event has passed.

5. Does a declaration of emergency bar the sale or provision of goods and services?
The Governor's declaration does not address restrictions on the sale or provision of goods or services. However, your locality may enact restrictions under their local emergency declaration. We recommend that you contact your local government for any specific information.

6. Is it an employer's responsibility to pay employees who cannot get to work during a State of Emergency?
A: The Governor's declaration does not mandate administrative policies for individual businesses or address workplace situations in which employees are unable to travel. Businesses must address hours of operation and compensation on an individual basis. Once a federal disaster is declared, employees unable to work may be eligible for unemployment assistance.

7. Are all State Offices closed during a State of Emergency?
The Governor's declaration does not automatically close State Offices. Should it be necessary due to conditions experienced during the Emergency to scale back or close State Offices, the Governor will make an announcement to his/her Cabinet and through the media, similar to what is done during a snow storm.

"Disaster" shall mean any unusual incident resulting from natural or unnatural causes which endangers the health, safety or resources of the residents of one or more municipalities of the State, and which is or may become too large in scope or unusual in type to be handled in its entirety by regular municipal operating services. (N.J.S.A. App.A:9-33.1)

Family Disaster Kit

Disasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond. Some disasters may call for you and your family to evacuate (hurricanes, hazardous materials spills, fires). Other disasters could mean that you and your family may be confined at home. Preparing a Family Disaster Kit can help your family endure an evacuation or home confinement.

When Disaster Strikes :
Authorities and relief workers will respond but cannot reach everyone immediately
You could get help in hours or it may take days
Would your family be prepared to cope with the emergency until help arrives?
Prepare Your Kit
Gather the supplies that are listed. You may need them if your family is confined at home or during an evacuation.
Place the items you'd most likely need for an evacuation in an easy-to-carry container.
There are basic items you should stock for your home: water, food, first aid supplies, clothing, bedding, tools & emergency supplies, special items (prescription & non-prescription medications, sanitary items, important documents).

Water Store water in plastic containers. Avoid using milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water daily. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
Store one (1) gallon of water per person per day. Keep at least a three day supply per person (for drinking, food preparation and sanitation)

Food:
Store at least a three day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food pack a can of sterno.
Pack the following foods which can also be taken with you during an evacuation: -

- Ready-to-eat canned meat, fruits, vegetables, and staples (salt, sugar, pepper, spices, etc.)
- Don't forget a non-electric can opener.
- Canned juices, high energy foods, vitamins, baby formula & bottles, and powdered milk.

Family Disaster Kit

Prescription Medications: Store in waterproof container, keep prescription records (check shelf life) accessible and current. Bring a medicine dropper and cooler (if needed for RX).
Dentures, contact lenses, and eyewear.

First Aid Kit- A well stocked first aid kit should include the following items:
Sterile adhesive bandages in assorted sizes,

- 2"& 4" sterile gauze pads
- 2" & 3" sterile roller bandages
- triangular bandages, assorted safety pins

- Latex gloves,
- Sunscreen
- Scissors, tweezers, needle
- Moistened towelettes, antiseptic
- Thermometer
- Tongue blades
- Tube of petroleum jelly or other lubricant
- Non-Prescription Drugs:
  - Aspirin or non-aspirin pain reliever.
  - Anti-diarrhea medication, antacid, laxative.
- Syrup of Ipecac (use to induce vomiting) and Activated charcoal. (Only use if advised by the Poison Control Center 1-800-POISON-1)

Remember to store your kit in a convenient place known to all family members. Keep a smaller version on the Disaster Preparedness Kit in the trunk of your car. Change stored water & food every six months.

Family Disaster Kit

Tools and Supplies:
Plastic storage containers, mess kits, paper plates, cups, plastic utensils.
Shut off wrench, to turn off household gas and water.
Battery operated radio and flashlight with extra batteries.
Cash or traveler's checks, change.
Utility knife
Non-electric can opener
Pliers, tape, compass, needles, thread, signal flare, plastic sheeting or tent (for shelter).
Paper, pencil, whistle, map of the area.

Sanitation:
Toilet paper, baby diapers, soap, liquid detergent, personal hygiene items, disinfectant, household chlorine bleach.
Plastic bucket with tight lid and plastic garbage bags, ties (for personal sanitation uses)

Special Items:
Games and books for children
Important family documents (keep in waterproof container) - Birth, marriage and death certificates, driver's license, passport, insurance policies, social security card, health records, bank and credit card account numbers, safety deposit box keys
Inventory of valuable household , and pictures of family members .

Disaster Psychology Preparedness

When disaster strikes, physical assistance may not be only part of what survivors need. Psychological First Aid" for disaster-induced stress and trauma will help the survivors.

Disaster-induced stress and trauma are "normal reactions" to an "abnormal" event. Emotional reactions will vary and may be influenced by: Prior experience with the same or similar event
The intensity and length of the event
Pre-incident stressors
The length of time since the event
Loss of loved ones, housing etc. . .
Emotional reactions can vary depending upon the phase of the event
Before the event, as concern escalates and information is made available through the media and the authorities
During the event's impact - responding to the immediate effects of the disaster
Immediately after the event's impact when rescue may be needed
Immediately after the event when an inventory is made of losses - personal and material
Well after the event during recovery

Traumatic Stress Reactions
A traumatic stress reaction is an emotional aftershock of a disaster or other significantly stressful event. Symptoms may occur immediately after the event or weeks after the event is over.

Some common signs/symptoms of emotional reactions to a disaster:

Physical
- Nausea and/or upset stomach
- Dizziness
- Headache
- Restlessness
- Difficulty sleeping

Disaster Psychology Preparedness

Emotional
- Anxiety and/or fear
- Guilt
- Grief and/or depression
- Anger

Cognitive
- Nightmares
- Confusion and/or disorientation
- Difficulty concentrating

Behavioral
- Avoidance and/or withdrawing
- Emotional outbursts
- Erratic behavior
- Taking care of yourself following a traumatic event . . .

- Try to rest a bit more
- Contact friends and talk
- Reestablish your normal schedule as soon as possible
- Fight against boredom
- Physical activity can be helpful
- Eat well-balanced and regular meals (even when you don't feel like it)
- Avoid alcohol and drugs taken without physician recommendation/prescription
- Recurring thoughts, dreams or flashbacks are normal - don't try to fight them - they'll decrease over time and be less painful
- Seek out professional help if the feelings become prolonged or intense

Disaster Psychology Preparedness

Taking care of others following a traumatic event . . .

- Listen carefully
- Spend time with the traumatized person
- Offer your assistance and a listening ear even if they have not asked for help
- Help them with everyday tasks like cleaning, cooking, caring for children etc . . .
- Give them time to be alone
- Help them stay away from alcohol and drugs
- Keep in mind what they've been through
- Don't try to explain it away
- Don't tell them that they are lucky it wasn't worse
- Don't take their anger, other feelings or outbursts personally

Get further assistance if . . .

The person is having life-threatening symptoms
The person is suicidal or homicidal
The person is out of control
Emergency Contacts

Emotional emergencies or information 24 hours a day :
262-HELP (201-262-4357) – BERGEN COUNTY
Physical emergencies - Dial 9-1-1(Police, Fire & EMS)

Animal Emergency Preparedness

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan should include your pets.

BEFORE A DISASTER

Ask friends, relatives, or others outside your area whether they could shelter your animals. If you have more than one pet, they may be more comfortable together; but be prepared to house them separately.

Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with other disaster information and supplies.

Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Include 24-hour phone numbers.
Include pet supplies as part of your family preparedness kit.

CREATE A DISASTER SUPPLY KIT FOR YOUR PET

In the event of an emergency you may have to leave your home quickly. Your pet relies upon you to take care of him or her. Assemble this kit now.

Medications & medical records in a waterproof container
Sturdy leashes and/or carriers
A 3 day supply of food and potable water with bowls
A picture of your pet(s) in case they get lost
Information on feeding times, medical and/or behavioral issues
Litter and litter box for cats
Pet beds & toys, if easily transportable

Animal Emergency Preparedness

Make sure all dogs and cats are wearing collars that are securely fastened and have ID tags containing up-to-date information. Attach to the collar or tag the phone number of a friend or relative outside the area in case you must leave your home and become separated from your pet in an emergency.

Red Cross shelters cannot accept pets because of health and safety regulations. The only exceptions to this policy are service animals who assist people with disabilities.

DURING A DISASTER . . .
Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away. NEVER LEAVE A PET OUTSIDE OR TIED UP DURING A STORM!

If you have no alternative but to leave your pet at home, there are some precautions you must take; but remember that leaving your pet at home alone can place your animal in danger. Confine your pet to a safe area inside. Place a notice outside in a visible area advising there are pets in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

BIRDS
Transport in a secure travel cage or carrier.
In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside.
During warm weather, carry a plant mister to mist the bird's feathers periodically.
Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content.
Have leg bands and a photo for ID.
Try to keep the carrier in a quiet area.
Do not let the birds out of the cage or carrier

REPTILES
Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site.
If your snakes require frequent feedings, carry food with you.
Take a water bowl large enough for soaking as well as a heating pad.
When transporting house lizards, follow the same directions as for birds.

Animal Emergency Preparedness

SMALL MAMMALS
Hamsters, gerbils etc. . . should be transported in secure carriers suitable for maintaining the animals while sheltered.
Take bedding materials, food, bowls and water bottles.

AFTER A DISASTER
In the first few days after a disaster, leash your pets when they go outside. Always maintain close contact. Familiar scents and landmarks may be altered and your pet may become confused and lost.

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.

The Bergen County Animal Response Team provides rescue, shelter and care in times of all-hazards disasters. We would like to welcome ALL rescue groups as well as other groups to come ask for help in any aspect from us for assistance. We are here for you no matter what it takes to make sure the most unconditional loving, precious living babies on this earth are taken care of. We are here to help no matter what it takes!!!
Description
The Bergen County Animal Response Team is working under the Office of Emergency Management and looking for Veterinarians, Veterinary Technologists, Veterinary Assistants, Animal Caretakers, Animal Behaviorists or any other staff members looking to volunteer their services. The Certified Animal Control Officers of Bergen County (ACO's) are already a part of CART and have started to plan, prepare and are willing to provide rescue as needed when disasters occur. Although the ACO's are a very dedicated group of people, this is a large county and we need help.

I am sending this request to you with hopes of finding animal loving people ready to help and make a difference during natural disasters, evacuations, and possible epidemics.

Working side by side with first responders and rescue professionals, you will be able to make a difference in the lives of many people and their pets. With your help, we can make this an exceptional team.

Training will be provided.
See More
General Information
For more information or registration form please contact by email:

Sgt. Gidget Petry
Bergen County Sheriff's Office
Community Outreach Unit
gpetry@bcsd.us

BERGEN COUNTY ANIMAL RESPONSE TEAM
CART
BERGEN COUNTY

Sheltering In-Place

Evacuation is not always the safest option in the event of a hazardous material or other type of emergency. Your home or workplace can be a safe haven from an emergency.

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Up-front preparations will help.

"Sheltering In-Place" or "Protecting In-Place" means staying inside your home or other building until emergency officials give an "all-clear" signal.

Sheltering In-place can be your safest option in some emergencies. Sheltering In-Place is most commonly used for hazardous material emergencies but can also be used during some storms and some police emergencies where evacuation and exposure to the outside can be life-threatening.

Sheltering In-Place preparations complement your other family emergency preparedness efforts.

✓Sheltering In-Place supplies . . .
Battery-powered radio, flashlight, extra batteries, battery powered or cellular phone (if no phone in room)
✓Snack foods, water or drinks, pet foods
✓Plastic sheeting for windows, doors, air vents or other opening

You may want to pre-cut and label them Rolls of duct tape for the plastic sheeting
Towel for under the door First Aid Kit

Prepare your home before . . .
Choose a room for a "safe-room": Ideally, the room has few windows, large enough to hold the number of people you wish and has access to water. A bedroom with an adjoining bath is a great place.
Prepare window coverings: Windows should be sealed to prevent hazards from entering. Measure windows and skylights - cut plastic (adding 6" to the borders) to be placed over the windows. Label the sheets for each window.

For a serious wind condition think about something heavier to guard against broken glass entering the room (wood, heavy cardboard, even a mattress).

Prepare vent and door coverings: Like the windows, measure each air vent, door and any other opening leading outside the room. Cut, label and store plastic sheeting.
Assemble shelter in-place supplies: Your supplies should be stored in the pre-designated room. An under-the-bed box may work well or use a container that fits on a closet shelf or in a cabinet.

Special Needs Population

Pre-Planning for emergencies can be especially critical for residents with special needs
Residents who need extra assistance during emergencies because of physical disabilities, advanced age, or other special needs should join Lyndhurst's Special Needs Registry (SNR), which is maintained by the Office of Emergency Management. Sign up for the SNR by completing the registration from on the next page. Here are some tips for anyone in SNR:

- If you currently use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should you be required to leave your home).
- Meet with household members or your personal care attendant.
- Discuss the dangers of fire, severe weather, earthquakes and other emergencies that might occur.
- Learn what to do in case of power outages and personal injuries.
- Know how to connect or start a back-up power supply for essential medical equipment.
- If you or someone in your household uses a wheelchair or other mobility device, make more than one exit from your home device accessible in case of the primary exit is blocked in an emergency.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.
- Arrange for a relative or neighbor to check on you in an emergency.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- Have a Go Bag packed at the ready which includes all necessary medications and prescriptions, and a list of medical conditions if you must evacuate.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster.

Register READY
www.registerready.nj.gov

Twp. of Lyndhurst
Office of Emergency Management
Special Needs Resident Registration

Resident Name _____
Resident Address_____
Resident Telephone Number: **H ( ) _ _ _ - _ _ _ _ C ( ) _ _ _ - _ _ _ _**
Resident E-mail Address: _____

Resident's Emergency Contact: _____
Emergency Contact Telephone Number:
H ( ) _ _ _ - _ _ _ _ C ( ) _ _ _ - _ _ _ _
Emergency Contact Address: _____

Oxygen Usage: ***(Check One): Yes _____ No _____ If Yes: Storage Location _____***

Does resident have a powered oxygen system/ventilator in the home? Yes _____ No _____

If yes, is there an adequate supply of 02 in the home in the event that power is lost./O2 Delivery unavailable?

Yes _____ No _____ ***If Yes,:*** *how many hours of O2 is available?* _____

If the resident is required to be on Life Sustaining Equipment, and does not have an emergency generator in place, please register with PSE&G Electric.

http://www.pseg.com/home/customer_service/bill/pdf/life_sustaining_equip_cert.pdf

Assistance Needed or Special
Needs:_____
_____
_____

Is resident wheel chair bound? Yes _____ No _____
Is resident bedridden? Yes _____ No _____

If the resident is bedridden, where is the resident most frequently located in the home?
_____

If you need assistance completing this form, please call the Health Department at 201-804-2500.

Please mail completed forms to:
The Lyndhurst Health Department
253 Stuyvesant Avenue
Lyndhurst, NJ 07071

Electrical Outages & Home Safety

IF THE POWER GOES OUT
Check your fuse or breaker box for blown fuses or tripped circuits. If they are okay, see if neighbors are without power.
Call your utility immediately. You may be asked for information, or hear a message if the situation has already been reported. 9-1-1 is for reporting emergencies ONLY.
Turn off all electrical equipment to prevent overloading the system when power is restored.
Turn on a porch light and one inside light so you and utility crews will know when service is restored.
Listen to the radio (battery-powered) for updates on major electrical outages.
If your neighbors' power comes back on, but yours does not, call your utility company again.

EMERGENCY LIGHTING

Flashlights: Each person should have their own flashlight. Store extra bulbs and batteries.
Light-sticks: Self-contained chemical lights that are activated by bending. Work well as night-lights for children.
Candles: Can be dangerous

DOWNED UTILITY LINES

If you see any wire lying on the ground (or dangling in the air) don't touch it with anything - stay back. Call your utility company immediately. Keep kids and pets away.

NEVER touch a downed wire. Electricity can travel through your body causing serious injury or death. If you see a downed line take these precautions:
Expect every wire/line to be "live". The line does not have to spark or sizzle to carry electricity.
Cable, phone and alarm lines may be ELECTRIFIED. Do not touch.
If a power line is touching someone stay away - you cannot help. If you touch the person, you could become a victim too.
Call 9-1-1 for emergency help.
If a utility line falls across your vehicle, don't get out! Wait for emergency help to arrive.
Never touch metal (like fences or guard rails) that have a wire laying on it. It may be electrified.

Electrical Outages & Home Safety

STAYING WARM:

Outages can occur at any time of year, but during cold weather the temperature inside your home can drop rapidly. Tips for staying warm:

Save Body Heat - Wear a hat, even while sleeping. Wear loose layers of clothing to trap body heat. Use blankets.

Lock in Home Heat - Pick one room (on a sunny side of the house) and close it off to keep the heat in.

HOUSEHOLD TIPS:

Your Freezer will keep food frozen during an outage for about two days if it's full; one day if it's less than half-full. Don't open the door.

Protect your pipes: If the power is out and the weather is freezing, keep a steady drip of cold water on an inside faucet and wrap pipes to prevent damage.

Automatic Garage Door Openers won't work if the power is out. Check to see if you have a manual override.

Home Computers: Install a surge protector (not just a power strip) to protect your computer from power surges.

Charcoal or propane grills: NEVER use a cooking device designed for outdoors inside the home. They produce carbon monoxide which can be deadly.

Cordless phones won't work if the power is out. Have a backup phone that does not need electricity to work.

Generators: Never connect a home generator to a wall outlet. If used incorrectly, portable or auxiliary generators used for backup power at home can ruin your electrical system and start a fire. They can also feed electricity back into the utility system. This is very dangerous for crews repairing lines. Home generators should be installed by a licensed electrical contractor. Generators installed in accordance with electrical safety codes, require an electrical permit and an electrical inspection. Improperly installed or improperly used generators pose a serious - sometimes fatal - risk to homeowners and utility workers

Emergency Kit Check list

- ✓Battery-powered radio
- ✓Paper plates/ plastic utensils
- ✓Manual can opener
- ✓Bottled drinking water
- ✓First aid kit
- ✓Extra batteries
- ✓Battery or wind-up alarm clock
- ✓Flashlights or chemical light-sticks

Electrical Outages & Home Safety

Who to call to report a power outage in Lyndhurst, NJ

PSEG *We make things work for you.*

1-800-436-7734

or @ www.pseg.com

Remember: Utility crews may have to remove limbs, replace parts, close circuit breakers. The more serious the problem, the longer it will take to restore customer service

Important Information when Reporting a Power Outage :

- Name, address and cross street
- Time of outage
- Are lights out, flickering or dim?
- Are the neighbors' lights out?
- Have any wires fallen to the ground? If YES, DO NOT GO NEAR!
- Tree limbs on lines?
- Utility pole number? (If safe to go near, ie. No down wires or limbs)

DO NOT call Lyndhurst Police to inquire on a time frame as to when power will be restored. PSE&G typically will not provide this information, as each incident is unique. Be patient.
During power outages, it is common for residents to inundate the police communications center with inquires on time frames. These calls can delay an EMERGENCY call from getting through.

Only report *EMERGENCIES to 9-1-1* *(ie. Power line arcing, visible fire, or life safety hazard)*

Note: Lyndhurst Emergency Services cannot provide generators to residents on Life Sustaining Equipment. Residents requiring constant power for Life Sustaining Equipment should notify PSE&G by having their private physician fill out the form located on the following page. This form is also available by clicking Here

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LIFE-SUSTAINING EQUIPMENT CERTIFICATION

NOTE TO CUSTOMER: The Certification form must be completed and signed by the attending physician. If approved for this program, this certification form will be effective for up to 1 year from the approval date. Please note: PSE&G may require an updated certification form prior to the expiration date. FORM MUST BE RETURNED WITHIN 30 BUSINESS DAYS

I. CUSTOMER INFORMATION (REQUIRED)

Customer's Name: _____
Address: _____
Account Number:
_____
Telephone Number: _____
Social Security Number: _____- _____-_____

II. PATIENT INFORMATION (REQUIRED)

Patient's Name (if different from above): _____
Patient's Address (if different from above): _____
Patient's Telephone Number (if different from above): _____
Patient's Date of Birth: _____
Patient's Social Security Number (if different from above): _____-_____-_____

(Please Print or Type)

III. PHYSICIAN'S CERTIFICATION (REQUIRED)

Physician's Name: _____
Practice and/or Specialty: _____
Office Address:
_____
Office Phone: _____ Office Fax: _____
State License Number: _____
Last Exam Date: _____

IV. MEDICAL CONDITION INFORMATION (REQUIRED)

Does the patient use medical equipment that requires electricity? □Yes □No
Is there an alternate power supply available? □Yes □No
Equipment Type: _____
Equipment Model Number: _____
Equipment is used how many times per day: _____ How many hours per day: _____
In the event of a power outage, will the patient be in an immediate life threatening emergency?
□Yes □No
Can this equipment be moved in the event of a power outage? □Yes □No

_____
Doctor's Signature

Please fax form to: PSE&G at (973) 297-4311 (Attention: Priority 4 Coordinator)
Or mail to: PSE&G
P.O. Box 490
Cranford, NJ 07016
(Attention: Priority 4 Coordinator)

Utility Incidents (Water/Gas)

Utilities Emergencies - Natural Gas

If you smell a strong odor of gas, **do not do anything that will cause a spark.**

- Do not turn off (or on) any switches.
- Do not use the telephone.
- Do not try to fix the situation yourself.

LEAVE your home IMMEDIATELY!
Call 9-1-1 from neighbor's house or via cell phone away from the residence.

Utilities Emergencies - Water

Know where your water shut-off and hot water heater shut-off valves are in case of emergency.

In case of flooding, you can call the Lyndhurst Fire Department at (201) 939-2900, and refer to the section on flooding on page 39. For other water emergencies, call Lyndhurst Public Works (201) 438-5478 during normal business hours / Lyndhurst Police (201) 939-2900 during nights and weekends.

Hazardous Materials

Hazardous Materials
Hazardous materials are part of our everyday lives. When properly stored and handled, products such as household detergents, swimming pool chemicals, lawn fertilizer, and propane grills provide us with enjoyment in a safe and healthy environment. However, because these and other products may be poisonous, flammable, or corrosive, the public must be protected in the event of an accident involving a hazardous material.

What Should You Do?
Store propane, gasoline, kerosene, or flammable materials away from your home.
If you witness a hazardous-materials incident, immediately call 9-1-1 and be prepared to tell them the exact location.

Stay away from the scene of the incident. Stay upwind of the incident.
If you are in a car, close the windows and shut off ventilation.
Avoid contact with any spilled materials, air borne mist, or condensed solid chemical deposits.
Do NOT eat any foods or drink any water that may have been contaminated.
Monitor local news stations or advisories from Lyndhurst OEM.

Be prepared to seek medical assistance:
Post the number of the emergency medical services and the poison control center by all telephones. In an emergency situation, you may not have time to look up critical phone numbers.
The national poison control number is (800) 222-1222.
During a Household Chemical Emergency

If there is a danger of fire or explosion:
Get out of the residence immediately. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside (a cellular phone or a neighbor's phone) once you are safely away from danger.
Stay upwind and away from the residence to avoid breathing toxic fumes.

Fire Safety

"Smoke & Carbon Monoxide Alarms Save Lives"

Each year, more than 4,000 Americans die and more than 25,000 are injured in fires, many of which could be prevented. Direct property loss due to fires is estimated at $8.6 billion annually.

To protect yourself, it is important to understand the basic characteristics of fire. Fire spreads quickly; there is no time to gather valuables or make a phone call. In just two minutes, a 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 the flames. Inhaling the super-hot air can sear your lungs. Fire produces poisonous gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.
Take Protective Measures Before a Fire

If your smoke detector goes off, or if you notice a fire, remain calm. **Do not try to fight a major fire yourself. Get out, Call 9-1-1 immediately, and stay out.**

If your clothes catch fire: **Stop where you are, Drop to the ground, and Roll over and over to** smother the flames.

If you live in a high-rise multiple dwelling, and the fire is not in your apartment, stay in your apartment rather than enter smoke-filled hallways.

If a fire breaks out in your house or non-fireproof apartment building, get out as quickly as possible.

Feel doors with the back of your hand before you open then. If they are hot, find another way out.

Stay as close to the floor as possible – smoke and heat rise and the air is clearer and cooler near the floor. **Close doors behind you.**

Fire Safety

"Smoke & Carbon Monoxide Alarms Save Lives"

If you are unable to get out for any reason, stay near a window and close to the floor. Close the door and stuff the bottom with a towel to avoid smoke. If possible, signal for help by waving a cloth or sheet outside the window.

To prevent fires, keep an ABC fire extinguisher (never attempt to fight large fires), and working smoke detectors in the house. Check batteries twice a year at daylight-savings time.

Fire Prevention

- Do not leave candles unattended, near window treatments, or on unsecure surfaces.
- Keep matches/lighters away from children.
- Never smoke in bed or while drowsy.
- Utilize proper extension chords.
- Do Not overload outlets.
- Check for electrical wiring hazards.
- Store flammable / combustible liquids outdoors and away heat sources.
- Never leave food cooking on the stove or oven unattended.

Fire Safety

- Have working smoke & carbon monoxide alarms.
- Have an Exit plan with multiple exits incorporated. (Practice Exit Drills In The Home.)
- Educate your family and coworkers.
- Have a working ABC Fire Extinguisher in the home, especially kitchen
- Don't delay, Dial 9-1-1, if you observe or suspect a fire .
- Close all Doors when exiting, This makes a difference in slowing fire and smoke from spreading.

Carbon Monoxide (CO): "The Silent Killer"

- **CO is a colorless, tasteless, and odorless gas.**
- **CO is a product of incomplete combustion, and can be emitted from any gas powered object.**
- **CO alarms are a must in the home.**
- **Some symptoms of exposure include but are not limited to: headache, nausea, dizziness, fatigue, and drowsiness.**
- **If a CO alarm sounds, evacuate to fresh air and call 9-1-1.**

Police

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Lyndhurst Police Department
(201) 939-2900
Emergency 9-1-1

www.lyndhurstpolice.com

Anonymous Tip Line Number: 201-804-9346
(No caller ID or phone tracing technology on this line)

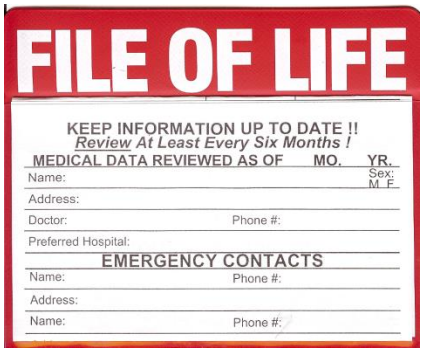
Or
Tips@lyndhurstpolice.com

If you See Something, Say Something!

EMS – Emergency Squad

Residents with extensive medical history, the elderly, and those residing alone should obtain a ***File of Life*** magnetic information holder from Lyndhurst EMS at no cost. Information is vital when seconds count during a medical emergency. Don't delay, get one today.

Contact: EMS Supervisor Eric Englehardt
(201) 804-0322



Pandemic

A pandemic is the worldwide spread of a new disease. It's important to note that the term pandemic refers to the geographic spread of a disease and not necessarily the severity of the disease.
An influenza pandemic occurs when a new influenza virus emerges and spreads around the world, and most people do not have immunity. Viruses that have caused past influenza pandemics typically originated from animal influenza viruses.
Some aspects of influenza pandemics can appear similar to seasonal influenza while other characteristics may be quite different. For example, both seasonal and pandemic influenza can cause infections in all age groups, and most cases will result in self-limited illness in which the person recovers fully without treatment or hospitalization. However, typical seasonal influenza causes most of its deaths among the elderly while other severe cases occur most commonly in people with a variety of medical conditions.
By contrast, the 2009 H1N1 (swine flu) pandemic caused most of its severe or fatal disease in younger people, both those with chronic conditions as well as healthy persons, and caused many more cases of viral pneumonia than is normally seen with seasonal influenza.
For both seasonal and pandemic influenza, the total number of people who get severely ill can vary. However, the impact or severity tends to be higher in pandemics in part because of the much larger number of people in the population who lack pre-existing immunity to the new virus. When a large portion of the population is infected, even if the proportion of those infected that go on to develop severe disease is small, the total number of severe cases can be quite large.

When is flu season?
Influenza activity usually lasts from October to May in the United States.

What can I do to stay well?
- Get an annual flu vaccine.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.

Any reportable communicable diseases will be followed up with interviews from either the Lyndhurst Health Department, Bergen County Health Services, or the New Jersey State Department of Health.

Lyndhurst Health Department administers free flu vaccines during the flu season for Lyndhurst residents aged 18 years and older on a first-come, first-served basis. There is also free flu vaccines for children aged 6 months to 18 years with no insurance coverage at the monthly child health clinic.

Flooding Preparedness

The north west section of the Township of Lyndhurst along the Passaic River is prone to flooding during severe weather events such as those during storms in 1999, 2003, 2007, 2011-Hurricane Irene, and most recently 2012 during Hurricane Sandy.

Additionally, the east side of Lyndhurst in the Meadowlands area is susceptible to flooding due to the Hackensack River.

Residents residing in flood prone areas should speak to their medical providers to make sure that they are up to date on their tetanus vaccine. Current CDC adult vaccine schedule recommendations, suggest adults have a tetanus shot at least once every 10 years.

The Lyndhurst Health Department does provide free Tdap (Tetanus, Diptheria, and Pertussis) Vaccines to Lyndhurst children with no insurance coverage aged 18 years and younger at the monthly child health clinic.

Flooding Preparedness

Flash floods occur within a few minutes or hours of excessive rainfall, a dam or levee failure or a sudden release of water held by an ice jam.
Flash floods can roll boulders, tear out trees, destroy buildings and bridges. Flash floods can also trigger catastrophic mudslides.
Flash floods are the #1 weather related killer in the United States.
National Weather Service . . .
Staying current with forecasts from the National Weather Service can be an important part of flood preparedness. Individuals can purchase a NOAA weather radio to directly hear the forecasts, advisories, watches and/or warnings. Some NOAA weather radios can alarm when there is a serious/dangerous weather condition. These radios are available at many stores.

The following terms may be used by the National Weather service:
A **Flash Flood or Flood Watch** means that flash flooding or flooding is possible within the designated watch area.
A **Flash Flood or Flood Warning** means that flash flooding or flooding has been reported or is imminent - take necessary steps at once.
An **Urban and Small Stream Advisory** means that flooding of small streams, streets and low-lying areas (such as railroad underpasses and urban storms drains) is occurring.
A **Flash Flood or Flood Statement** is follow-up information regarding a flash flood/flood event.
Before a flood occurs. . .
Find out if you live in a flood prone area. You can check with your local building department to see the flood maps for your municipality. If you are in a flood zone - purchase sufficient flood insurance.
Flood losses are not covered under normal homeowner's insurance. Learn how your community would alert you if a flood was occurring or predicted.
Pre-assemble flood-fighting supplies like plastic sheeting, lumber, sandbags. Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains.

As a last resort have large corks or stoppers to plug showers, tubs or basins from water rising up through the pipes.

Maintain a disaster supply kit at home.
A kit will have (at minimum): • First aid supplies • Flashlight with extra batteries • Non-perishable food • Drinking water • Blanket(s) or sleeping bag(s) • Rain gear or a change of clothing

Flooding Preparedness

During the flood . . .
Monitor commercial radio, television, NOAA Weather radio or your Emergency Alerting Station for information
Be prepared to evacuate to higher ground if ordered to do so by authorities
Adhere to any emergency orders of authorities
Bring possessions inside the house or secure them
Do not touch any electrical appliances that are wet or standing in water
Avoid walking or driving through flood waters

Flood dangers do not end when the water begins to recede. Listen to a radio or television and do not return home until authorities indicate it is safe to do so.

Remember to help your neighbors who may require special assistance - infants, elderly people and people with disabilities.

After the flood . . .
If food or medicine has come in contact with flood waters, throw it out.
Stay out of buildings if flood waters remain around the building
When entering buildings after a flood use extreme caution
- Wear sturdy shoes and use battery-powered lanterns or flashlights when examining buildings
- Examine walls, floors, doors and windows to make sure that the building is not in danger of collapse
- Watch out for animals, like snakes, that may have come into your home with flood waters
- Take pictures of the damage - both of the house and its contents for insurance claims.
- Look for fire hazards
  - Broken or leaking gas lines
  - Flooded electrical circuits
  - Submerged furnaces or electrical appliances -
  - Flammable or explosive materials coming from upstream -
- Report potential emergencies to authorities.
- It's best to have a professional pump out a basement - to avoid further structural damage. FEMA recommends pumping out about one-third of the water per day.

Driving in Bad Weather

It is best to not drive during inclement weather. However, if you must drive, make sure your vehicle is operating safely and stay informed on weather conditions.

Rain:

Improve visibility, turn on your lights and defroster. NJ law requires your headlights to be on when your wipers are on.

Avoid sudden moves, try to drive in the tracks of the car ahead, reduce your speed, allow for additional stopping distance.

Hydroplaning occurs when the tires of your car lose contact with the road and ride up on a wedge of water. Make sure your tires have proper treads and are properly inflated. If you do hydroplane, keep the steering wheel straight, take your foot off the gas. Don't hit your brakes or try to steer. As you slow, the weight of the car will cause it to settle down onto the road again.

Be very cautious in light rain or mist. Oil and dirt on the roadway surface make driving extra slippery.

Remember, puddles can hide potentially damaging potholes.

Inclement weather . . .

May change the road conditions, contribute to collisions and other road obstructions.

Always follow directions of police officers and be alert for barricades, warnings, and debris.

Floods:

Do not attempt to drive through flood waters. The water may be deeper than it looks. Two (2) feet of water will carry away most automobiles.

If you happen to drive into an area where water is running swiftly, the force of the current may pull your car to one side. If this happens ease off the gas pedal, but don't touch the brakes. Then steer away from the swift water.

If your car is caught in a flash flood, get out of your car immediately and move to higher ground.

Winter storms:

Before driving, thoroughly clean ice and snow off all windows, the hood and the trunk.

Utilize snow tires and chains if necessary.

Drive slowly. Depending on the weight of your vehicle, you will need three (3) to twelve (12) times more stopping distance on icy roads than on dry surfaces.

Ease off the accelerator when stopping.

Remember, bridges and overpasses usually freeze first, slow down when approaching them.

If caught in a blizzard, stay in your car. Leave a window partially open. Clear the snow away from your tailpipe. Run the engine & heater for about 10 minutes every hour to stay warm.

Driving in Bad Weather

Being prepared includes . . .
Listening to the radio for road closures and conditions.
Always knowing alternate routes to your destination in case your primary route is blocked.

Fog:
If you see a patch of fog ahead, slow down before you reach it.
Turn on your low beam headlights or fog lights.
Turn on your defroster and windshield wipers.
Be alert for slow moving vehicles and traffic stopped ahead.
In heavy fog, roll all your windows down. You may actually hear other cars before you see them.

Tornadoes:
Never try to outrun a tornado.
If you believe a tornado is very close, leave your car. If you can't find shelter in a safe building, lie flat in the nearest depression such as a ditch or gully with your arms over your head.

Remember - It is safest to use a cellular phone when stopped in a safe location. 9-1-1 is for emergencies only.

Hurricanes:
If a hurricane watch is issued for your area, pack your car with essentials and fill your gas tank.
You may be ordered to evacuate. Listen to the radio for instructions. Be familiar with designated evacuation routes and use them.
Flooding can happen without warning both before and after a hurricane.
Watch for downed utility lines, trees, and debris from hurricane force winds.

Thunderstorms:
It is safest to stay in your car when lightning is present. If you have to park, do so in an open area away from trees.
Watch for flooded roadways.
If you are driving after a thunderstorm, be vigilant for downed branches and power lines or other debris lying in the road.
Hail associated with thunderstorms can hamper visibility and may shatter windshields.

Winter Weather Information

Winter storms are deceptive killers since most of the deaths that occur are indirectly related to the actual storm.

Winter Weather Facts:
People die in traffic accidents on icy roads
People die of heart attacks while shoveling snow
People die of hypothermia from prolonged exposure to the cold

Winter weather terms of the National Weather Service

Blizzard Warning: Issued when snow and strong winds will combine to produce blinding snow (visibilities near zero/white-outs), deep snow drifts, and life-threatening wind chill.

Wind Chill: What the temperature feels like to the human body based on both air temperature and wind speed.

Wind Chill Advisory: Issued when potentially dangerous wind chill readings (-20 to -34 degrees Fahrenheit) are expected.

Wind Chill Watch: Issued when life-threatening wind chill readings (-35 degrees Fahrenheit or lower) are possible.

Wind Chill Warning: Issued when wind chill readings (-35 degrees or lower) are expected to be life-threatening.

Winter Weather Advisory: Issued when winter conditions (snow, sleet, and/or freezing rain/ice) are expected to cause significant inconvenience and may be hazardous.

Winter Storm Watch: Issued when severe winter conditions (heavy snow and/or significant freezing rain/ice) are possible within the next day or two. Winter Storm **Warning:** Issued when severe winter conditions have begun or are about to begin in your area. Six (6) inches or more of snow and/or ice accumulations of 1/4 inch or more.

Winter Weather Information

COLD RELATED INJURIES . . .

Frostbite: Damage to body tissue caused by that tissue being frozen. Warning signs include loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose. If symptoms are detected, Get medical help immediately ! If you must wait for help, Slowly re-warm affected areas. If the person is also showing signs of hypothermia, warm the body core before the extremities.

Hypothermia: Low body temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If a person's body temperature is below 95 degrees Fahrenheit, Immediately seek medical attention.

IF MEDICAL CARE IS NOT AVAILABLE:
Begin warming the person slowly, warm the body core first. If needed use your own body heat to help.
Get the person into dry clothing and wrap them in a warm blanket covering them completely, including the head and neck.
Do not give the person alcohol, drugs, coffee, or any hot beverage or food; warm broth is better.
Do not warm extremities (arms & legs) first! This drives the cold blood toward the heart and can lead to heart failure.

Strain from the cold and hard labor may cause a heart attack.
Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snows, especially if you are not in peak physical condition.
If you must shovel snow, take it slow and lift small amounts, especially when removing heavy snow, slush or ice.

Food & Drink provides the body with energy for producing its own heat. Keep the body replenished with fluids (water and juice; limit your intake of caffeine and alcohol) to prevent dehydration.

Winter Weather Information

How to be prepared at home:
Keep a battery powered radio and extra batteries for news and official broadcasts.
Store food that can be prepared without an electric or gas stove.
Stock emergency water and cooking supplies
Have flashlights, battery-powered lams and extra batteries in case of a power outage. Candles and matches can be a fire hazard
If you have a wood stove or fireplace store a good supply of dry, seasoned wood.
Keep fire extinguishers on hand, and make sure your family knows how to use them and knows fire prevention rules
Keep in touch with elderly neighbors or family

Be prepared if you go out:
Wear layers of thin clothing instead of single layers of thick clothing
Avoid overexertion. Cold weather puts an added strain on the heart. If you add unaccustomed exercise, such as shoveling snow or pushing a car, you may risk heart attack or stroke.
Mittens are warmer than gloves.
Wear a hat; most body heat is lost through the top of the head.
Cover you mouth with scarves to protect your lungs from directly inhaling the extremely cold air.

Winter driving tips:
If you must travel, take public transportation whenever possible. If you must use a car, take winter driving seriously. Travel by daylight, and keep others informed of your schedule. Drive with extreme caution; never try to save time by driving fast or using back-road shortcuts.
Make sure you car has fuel, and is equipped with chains or snow tires
Keep you car "winterized" with antifreeze. Carry a "winter car kit" that includes a windshield scraper, flashlight, tow chain or rope, shovel, tire chains, a blanket, a bag of sand or salt, a fluorescent distress flag and an emergency flare in case you are trapped in a winter storm. Keep extra outerwear and pre-packaged food in the car. Make sure you windshield wipers are working properly and there is windshield washer fluid in the car.

Winter Weather Information

If a blizzard traps you in your car:
Pull off the highway; stay calm and remain in your vehicle where rescuers are most likely to find you.
Turn on your emergency flashers and hang a distress flag fro the radio aerial or window.
Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close but be too far to walk in deep snow.
If you run the engine to keep warm, open a window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear away snow from the exhaust pipe.
Exercise to maintain body heat (by clapping and moving around) but avoid over exertion. In extreme cold, use road maps, seat covers and floor mats for insulation. Huddle with passengers and use your coat as a blanket.
Never let everyone in the car sleep at one time. One person should look out for the rescue crews.
Be careful not to use up battery power. Balance electrical energy needs -- the use of lights, heat and radio -- with supply.
At night, turn on the inside dome light, so work crews can spot you.

Winter Weather Hazards

1. Keep an eye out for the elderly when shoveling, this population has a tendency to be independent, and this can put a fatal strain on them.

2. Snow/Ice on trees and power lines can pose a hazard, this may cause them to become weighted down and fall.

3. Clear Heavy Snow/Ice from roofs, especially flat roofs. This can cause structural collapse.

4. Auxiliary heating devices such as space heaters are a fire hazard, ensure they are not in close proximity to combustible materials such as drapes, sheets, or unstable on carpet covered surfaces.
5. NEVER use propane or any combustion powered heating device indoors., as these devices emit carbon monoxide.

Winter Weather Related Township Ordinances

There is NO PARKING when Roads are Snow Covered on the following Lyndhurst Streets-Entire Length & Both sides unless otherwise noted. ***Lyndhurst Twp. Ordinance # 7-19a***

- ❑ Chase Avenue
- ❑Fern Avenue - Between Stuyvesant Avenue and Livingston Avenue - South side only. / Between Weart Avenue and Grant Avenue – Both sides
- ❑Fifth Street - From Summer Avenue to the end of Washington School – East side only.
- ❑Forest Avenue - Between Grant Avenue and Weart Avenue – Both sides
- ❑Freeman Street - Between Castle Terrace and the northeast terminus - North side only.
- ❑Grant Avenue - Between Fern Avenue and Forest Avenue – Both sides.
- ❑Park Avenue
- ❑Kingsland Avenue -Ridge Road to Riverside Avenue
- ❑Livingston Avenue - Between Second Avenue and Lake Avenue – East side only.
- ❑Orient Way
- ❑Page Avenue
- ❑Schuyler Avenue
- ❑Stuyvesant Avenue
- ❑Valley Brook Avenue
- ❑Ten Eyck Avenue
- ❑Riverside Avenue
- ❑Ridge Road
- ❑Rutherford Avenue

- ❑ Second Avenue is restricted to both sides between Orient Way and Stuyvesant Avenue.
- ❑Summit Avenue - Between Lake Avenue and Third Avenue – West side only.
- ❑Third Avenue - From Summit Avenue to the end of Columbus School– North side only.
- ❑Vehicles are not to be parked on school property.

Vehicles that are not removed can be issued summonses and/or towed away by the discretion of the Lyndhurst Police Department at the owner's expense!

➢**No shoveling/plowing/blowing of snow on to roadways.**
Lyndhurst Twp. Ordinance # 13-5.8b
NJSA. 39:4-77.3 "Anti Snow Dumping Act"

➢**Residents much shovel snow and ice from sidewalks within 48 hours of the end of a snow/ice storm.** ***Lyndhurst Twp. Ordinance # 13-5.8a***

➢**Fire Hydrants abutting residences and businesses must be cleared of snow and ice by the property owner .** ***Lyndhurst Twp. Ordinance # 11-1.4a***

Thunderstorms & Lightning

Thunderstorms can bring heavy rains, flash flooding, tornadoes, strong winds, lightning, and hail.

Flash floods/floods are the number one killer associated with thunderstorms with nearly 140 fatalities a year.

Although thunderstorms in this area are less likely to spawn tornadoes than elsewhere in the United States, most wind damage is from "straight-line" rather than tornado winds. "Downbursts", a type of straight-line wind, can cause damage equivalent to a strong tornado.

Lightning occurs with all thunderstorms.

Its electrical charge and intense heat can electrocute on contact, cause electrical failures, split trees, and ignite structure and brush fires. Hail associated with thunderstorms can be smaller than peas or as large as softballs and can be very destructive.

While some thunderstorms can be seen approaching, others hit without warning.

It is important to learn to recognize the danger signs and plan ahead. When thunderstorms are forecast or skies darken, look and listen for:
Dark, towering or threatening clouds
Increasing wind
Flashes of lightning
The sound of thunder

When a thunderstorm is approaching . . .

At Home:
Secure outdoor objects such as lawn furniture that can blow away and cause damage or injury.
Bring lightweight objects inside.
Listen to a battery-operated radio or television for the latest storm information.
Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.
Pets are particularly vulnerable to hail and should be brought inside.

Thunderstorms & Lightning

If Outdoors:
Attempt to get into a building or vehicle. If no structure is available, get to an open space and squat low to the ground as quickly as possible.
The less contact you have with the ground, the better.
Be aware of potential for flooding in low-lying areas. Avoid tall objects such as towers, tall trees, fences, telephone lines and power lines.
Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles and camping equipment.

What is a severe thunderstorm?
A thunderstorm is considered severe if it produces hail at least ¾" in diameter, winds of 59 mph or higher or tornadoes.

What is the difference between a watch and a warning?
A severe thunderstorm watch is issued by the National Weather Service when the weather conditions are such that a severe thunderstorm is likely to develop. A severe thunderstorm warning is issued when a severe thunderstorm has been sighted or indicated by weather radar. At this point, the danger is very serious and everyone should go to a safe place, turn on a battery-operated radio or television, and wait for further information.

Thunderstorms & Lightning

LIGHTNING
Lightning is a major threat during a thunderstorm. In the United States, between 75 and 100 people are hit and killed by lightning each year.

Myth: Lightning never strikes the same place twice
Fact: Lightning can strike the same place twice and may strike it multiple times during the same discharge.
Myth: If it is not raining, then there is no danger from lightning.
Fact: Lightning has been detected as far as ten miles from the edge of a thunderstorm cell, and at locations with blue skies overhead

First aid recommendations for lightning victims:
Most lightning victims can actually survive an encounter with lightning, especially with timely medical treatment. A person who has been struck by lightning does not carry an electrical charge that can shock other people.
If a person is struck by lightning: Call 9–1-1 to provide the location and information about the incident including the number of people injured. Look for burns where the lightning entered and exited the body.
If the strike cause the victim's heart and breathing to stop, give cardiopulmonary resuscitation (CPR) until medical professionals arrive and take over.

If your house is struck by lightning:
Check all around the interior and exterior to make sure that it did not start a fire If you smell or see smoke, call 9-1-1.

All appliances and electrical devices that were plugged in when the lightning struck the house should be checked for damage before being used.

Indications of possible damage include scorched outlets, scorch marks on the device, melted cords and broken light bulbs.

Remember to help neighbors who may require special assistance (infants, senior citizens, and people with disabilities).

If you are driving after a thunderstorm, be vigilant for downed branches and power lines or other debris lying in the road. Do not touch or drive over downed lines.

Hurricanes

A hurricane is a type of tropical cyclone which forms over a tropical ocean. Although the official hurricane season runs from June 1 through November 30, they can occur at any time.

Hurricane Facts:
The word "Hurricane" is derived from colonial Spanish and Caribbean words meaning evil spirits and big winds. Hurricanes are considered the most powerful force on earth.
Coastal flooding caused by storm surge is the greatest threat to life and property. A storm surge is a large dome of water often 50 to 100 miles wide that sweeps across the coastline where the hurricane makes landfall. The surge of water topped by waves is devastating.
Hurricane-force winds, 74 mph or more can destroy buildings and down power lines near the coast and well inland.
Hurricanes bring heavy rains which can cause significant river and inland flooding.
Hurricanes can also produce tornadoes, which can add to their destructive power.

Hurricanes are classified on the Safir-Simpson Scale
Category 1: 74-95 mph
Category 2: 96-110 mph
Category 3: 111-130 mph
Category 4: 131-155 mph
Category 5: >155 mph

When a hurricane is approaching . . .

Listen to a battery-operated radio or television for the latest storm information.
Secure outdoor objects such as lawn furniture that can blow away and cause damage or injury.
Shutter or board all windows and secure double-door entrances
Keep your vehicle's gas tank filled
Prepare a hurricane evacuation kit to include: First Aid kit Bottled water
Two (2) week supply of medicine Blankets or sleeping bags Extra clothing Pet ID, carrier, food & medication
Personal items (toys, snacks)
Important documents (valid ID, insurance info & money)

Hurricanes

If ordered to evacuate - obey immediately. Turn off gas, water, and electricity, and unplug small appliances.
Inform family or friends outside of the warning area of your evacuation plans.
Remember to help neighbors who may require special assistance (infants, senior citizens, and people with disabilities).

During a hurricane. . .

If outside attempt to get into a building.
Do not drive through flood waters.
If staying in your home:

- Turn refrigerator to maximum cold and open only when necessary
- Turn off utilities if told to do so by authorities
- Fill bathtub and large containers with water for sanitary purposes
- Stay away from windows and doors even if they are covered
- Go to an interior first floor room
- Avoid using candles and other open flames

After a hurricane. . .

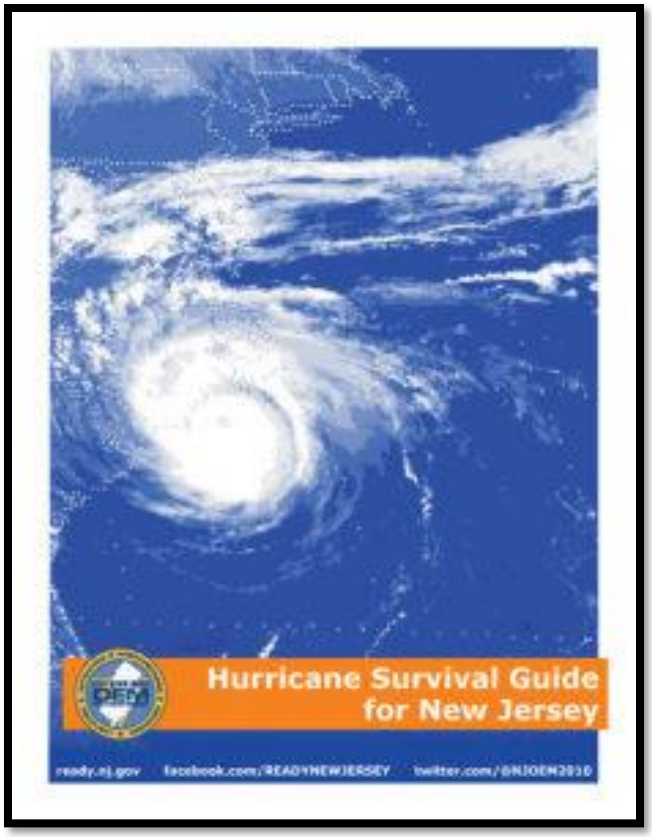
Use 9-1-1 to report emergencies only. (Injuries, loose power lines, etc...)
Keep listening to a radio or television.
Wait until an area is declared safe before entering. Roads may be closed for your protection.
Do not drive or walk into flooded areas. Find an alternate route.
Check gas, water, and electrical lines and appliances for damage.
Do not drink or prepare food with tap water until you are certain it is not contaminated.
Be aware of insects, rodents and animals driven to higher ground by flood waters.
Assess your home's damage. Take pictures if possible.
Be alert for the "EYE" of the storm. The eye is a period of calm during the storm. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings and other objects damaged by the first winds can be broken or destroyed by the second winds.
Open windows and doors to ventilate and dry your home if necessary.

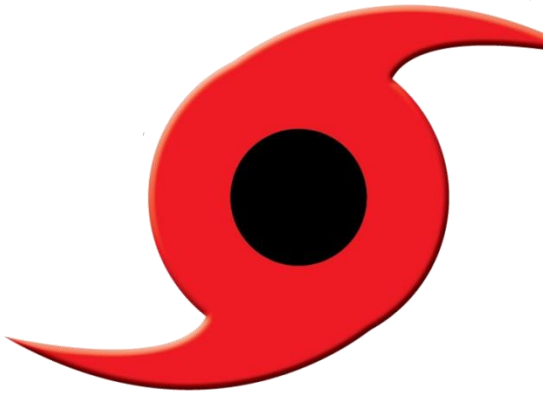
Hurricanes

What is the difference between a hurricane watch and a warning?
A **hurricane watch** is issued by the National Weather Service when hurricane conditions are possible in the specified watch area usually within 36 hours.
A **hurricane warning** is issued when hurricane conditions are expected in the specified warning area usually within 24 hours.

For more information on hurricanes on the web:
National Weather Service New York, NY Hurricane Page
National Hurricane Center

Download the New Jersey Hurricane Survival Guide from the NJ State OEM by Clicking Here or visiting the following url address:
*www.state.**nj**.us/njoem/plan/pdf/081412_**hurricane_surviveguide**.pdf*





High Heat Preparedness

Heat kills by pushing the body beyond its limits. Under normal conditions, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is lowered and the body must work extra hard to maintain a normal temperature. Children under the age of five and the elderly are more susceptible to the effects of heat.

Heat terms of the National Weather Service

A Heat Advisory is issued when the heat index is expected to be between 105-115 for less than 3 hours in a day.

An Excessive Heat Warning is issued when the heat index is expected to exceed 115 degrees during the day or the heat index will exceed 105 degrees for more than 3 hours for two consecutive days.

The Heat Index is what the temperature feels like to the human body based on both the air temperature and humidity.

WHAT YOU CAN DO . . .
Stay indoors as much as possible
Spend whatever time possible in air conditioning – if air conditioning is not available stay on the lowest floor out of the sunshine or go to a public building where air conditioning is available.
Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect more of the sun's energy than dark colors.
Drink plenty of fluids. Water's the best. Avoid drinks containing alcohol or caffeine.
Eat light meals spread out over the day.
Reduce activity levels when possible in hot weather.
Avoid using salt tablets unless directed by a physician.
Avoid getting sunburned - use protection if you must go outside.

Watch out for others.
Check on your neighbors and family - especially those who are elderly and/ or children. High heat can kill. Parents and caretakers should be careful not to overdress children and to give them plenty of fluids.

High Heat Preparedness

IN YOUR HOME . . .
Protect windows. Shades, draperies, awnings or louvers on windows can reduce the effects of the morning or afternoon sun by as much as 80%.
Install temporary reflectors, such as aluminum foil covered cardboard to reflect any heat back outside.
Keep the cool air inside by weather-stripping doors and windowsills.
Storm windows can keep the heat of a house in the summer out the same way they keep the cold out in the winter.
Inspect, clean or replace your air conditioner filters regularly.
Heavy use of air conditioners and other electrical devices may contribute to power outages or reductions. Turn off what electrical devices you don't need.
Check central air conditioning ducts for proper installation. Insulate spaces around window air conditioners.
Close any floor heat registers.

Don't leave children, a frail elderly or disabled person or pets in an enclosed car -- not even for a minute -- as temperatures can quickly climb to dangerous levels.

HEAT DISORDERS . . .
Sunburn - Symptoms: skin redness and pain, possible swelling, blisters, fever, headaches.
First Aid: take a shower, using soap to remove oils that may block pores, preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.
Heat Cramps - Symptoms: painful spasms usually in leg and abdominal muscles. Heavy sweating.
First Aid: firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.
Heat Exhaustion - Symptoms: heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.
First Aid: get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.
Heat Stroke (Sun Stroke) - Symptoms: high body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.
First aid: This is a severe medical emergency. Call the emergency medical service by dialing 9-1-1. Delay can be fatal. Do not give fluids. Move victim to cooler environment. Cool bath or sponging may reduce body temperature before ambulance arrives. Use extreme caution.

High Winds / Tornadoes

Tornadoes are some of nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300miles per hour. Damage paths can be in excess of one mile wide and 50miles long. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible.
Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Preparing a Safe Room

Your residence may be built "to code", but that does not mean it can withstand winds from extreme events. A safe room provides space where you and your family can seek refuge that provides a high level of protection.

➢ Safe rooms built below ground level provide the greatest protection, but a safe room built in a first-floor interior room also can provide necessary protection. Below-ground safe rooms must be designed to avoid accumulating water during the heavy rains that often accompany severe windstorms.

➢To protect its occupants, a safe room must be built to withstand high winds and flying debris, even if the rest of the residence is severely damaged or destroyed. Consider the following when building a safe room:

▪The safe room must be adequately anchored to resist overturning and uplift.

▪ The walls, ceiling, and door of the shelter must withstand wind pressure and resist penetration by windborne objects and falling debris.

▪ The connections between all parts of the safe room must be strong enough to resist the wind.

▪Sections of either interior or exterior residence walls that are used as walls of the safe room must be separated from the structure of the residence so that damage to the residence will not cause damage to the safe room

High Winds / Tornadoes

Before a Tornado

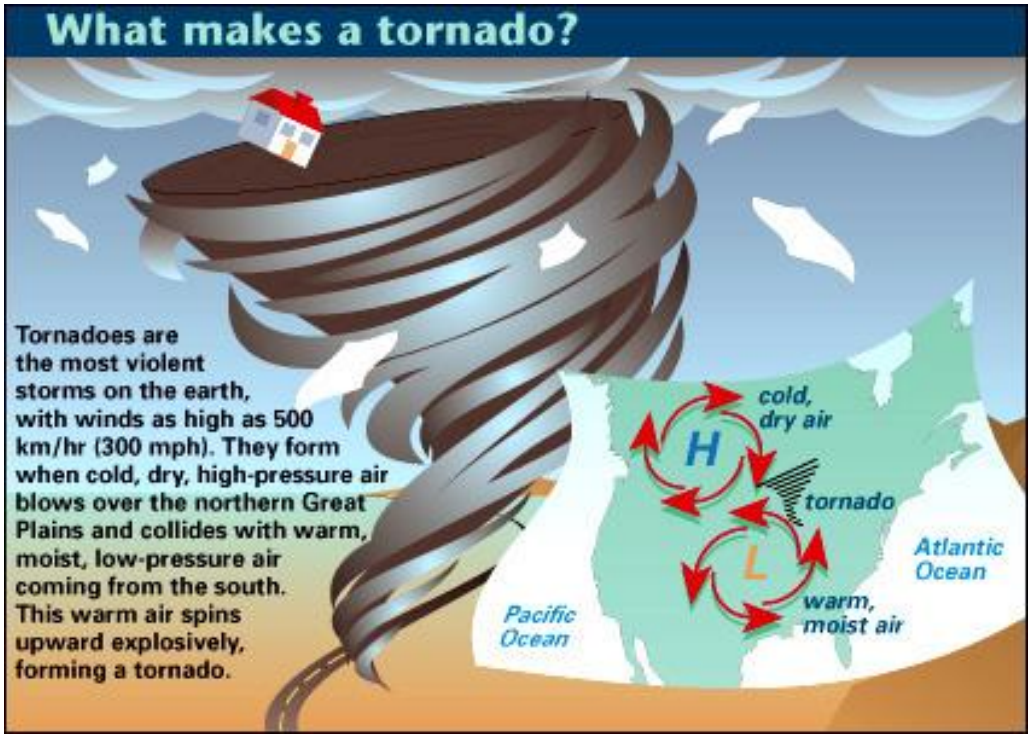
Be alert to changing weather conditions.

- Listen to radio or TV newscasts for the latest information.
- Look for approaching storms. Look for the following danger signs:
  - Dark, often greenish sky
  - Large hail
  - A large, dark, low-lying cloud (particularly if rotating)
  - Loud roar, similar to a freight train
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Difference between a Tornado Watch and Tornado Warning

If you are under a tornado warning, seek shelter immediately!
Understand the difference between a tornado watch and warning. A tornado warning means a tornado has been spotted
or indicated on radar and is occurring or
imminent in your area.

A tornado watch means that weather conditions are favorable for a tornado to form.



Terrorism

What is Terrorism?

Terrorism is the use of force or violence against persons or property for the purpose of intimidation, coercion, or ransom. Terrorists often use violence and threats to create fear among the public, to try to convince people that their government is powerless to prevent acts of terrorism, and to get immediate publicity for their causes.
The goals of terrorism are usually political, social, or religious in nature. Terrorists often truly believe they are pursuing justifiable and righteous goals.

Terrorists may be seeking:

- To influence policy decisions
- Their own homeland or some type of independence
- Downfall of an existing government seen as unresponsive, authoritarian, corrupt or immoral
- Exemption from various laws or rules

Terrorism might target:

- Government policies
- One or more local communities
- A business or businesses
- One or more racial or ethnic groups
- Members of any specialty group

How to spot suspicious behavior.

Watch for the 6 signs of terrorism.

1. **Suspicious packages/concealed IEDs**
   Improvised Explosive Devices (IEDs) are the main terrorist threat to public places. IEDs are generally small and easily transportable.

Watch for bags and packages left unattended.

2. **Surveillance**

During the planning phase, a terrorist will often conduct surveillance on a possible target.
Watch for individuals taking photos or videotaping entrances and exits of places that are not normally tourist attractions.
Watch for people trying to conceal their actions.
Watch for individuals using binoculars or drawing diagrams.

3. **Unusual supplies**

Watch for individuals purchasing large amounts of chemicals, fertilizers or other suspicious items such as, wire, batteries, altered electronics, chemicals or various unidentifiable substances.

Terrorism

4. **Unseasonable/bulky clothing**
Watch for people who seem to be wearing unusually thick or bulky clothing — such apparel could indicate concealed explosives or weapons. Especially if the clothing is inappropriate for the current season.

5. **Unauthorized entrance into restricted areas**
Watch for strangers loitering near — or entering — exits or "employees only" areas warrant notifying management and/or police.

6. **Unauthorized or empty vehicles**
Watch for vehicles that appear to have been left vacant for long periods, or vehicles parked in prohibited areas.

How to report Suspicious Activity
Know the 5 Ws when calling 9-1-1
1. **Who** did I observe?
2. **What** specifically did I see?
3. **Where** did I observe the suspicious behavior?
4. **When** did I observe the suspicious behavior?
5. **Why** do I think the behavior is suspicious?

In the event you DO become aware of suspicious activity.

Do not take direct action
Do not confront the individual
Do not reveal your suspicions
Do record as many details as possible
Do notify the appropriate authorities as soon as possible – Dial 9-1-1

NJ Transit Bus & Rail is available throughout the Township of Lyndhurst. When riding bus or rail, keep the following in mind:

HOW TO PREPARE FOR AND RESPOND DURING AND AFTER AN ACTIVE SHOOTER INCIDENT

Recent national tragedies remind us that the risk is real: an active shooter incident can happen in any place at any time. The best ways to make sure you and your loved ones stay safe are to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.

TAKE AN ACTIVE ROLE IN YOUR OWN SAFETY

NOW
PREPARE

- Sign up for active shooter training
- If you see something suspicious, say something
- Know community response plans
- Identify the exits and good places to hide
- Learn and practice first aid skills and use of tourniquets

DURING
SURVIVE

- Run
- Hide
- Fight

You may need to use more than one option.

AFTER
BE SAFE

- Help law enforcement
- Seek out medical help
- Help others survive
- Seek help to cope with psychological trauma

SURVIVNG AN ACTIVE SHOOTER CONTINUED….

NOW
PREPARE

- Sign up for active shooter training.
- If you see suspicious activity, let an authority know right away.
- Many places like houses of worship, workplaces, and schools have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk to your family about what you learn and how to apply it to other locations.
- When you visit a building like a shopping mall or health care facility, take time to identify two nearby exits. Get in the habit of doing this.
- Map out places to hide. Solid doors with locks, rooms without windows, and heavy furniture like large filing cabinets and desks make good hiding places.
- Sign up for first aid and tourniquet training.

DURING
SURVIVE

- RUN. Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.
- HIDE. If you can't get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Don't hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently—like through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you the all clear.
- FIGHT. Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.

AFTER
BE SAFE

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident, and they may have to pass injured along the way.
- Follow law enforcement instructions and evacuate in the direction they come from.
- Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.

HELPING THE WOUNDED

Take care of yourself first, and then you may be able to help the wounded before first responders arrive:

- If the injured are in immediate danger, help get them to safety.
- While you wait for first responders to arrive, provide first aid—apply direct pressure to wounds and use tourniquets if you have been trained to do so. Turn wounded people onto their sides if they are unconscious and keep them warm.

Additional Resources

VIDEO
Run. Hide. Fight. Surviving an Active Shooter Event
www.youtube.com/watch?v=5VcSwejU2D0

ONLINE COURSE
Active Shooter: What You Can Do https://training.fema.gov/is/courseoverview.aspx?code=IS-907

GUIDE FOR HOUSES OF WORSHIP
www.dhs.gov/sites/default/files/publications/Developing_EOPs_for_Houses_of_Worship_FINAL.PDF

GUIDE FOR K-12 SCHOOLS
www.fema.gov/media-library-data/20130726-1922-25045-3850/rems_k_12_guide.pdf

WEBSITES
www.dhs.gov/active-shooter-preparedness

www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-incidents

www.fema.gov/faith-resources

www.redcross.org/ux/take-a-class

ACTIVE SHOOTER TRAINING & RESOURCES

Active Shooter Response

How to respond when an active shooter is in your vicinity

Quickly determine the most reasonable way to protect your own life and the lives of others.

Run
Have an escape route and plan in mind
Leave your belongings behind
Keep your hands visible

Hide
Hide in an area out of the active shooter's view
Block entry to your hiding place and lock the doors

Fight
Only when your life is in imminent danger
Attempt to incapacitate the active shooter
Act with physical aggression

Call 911 when it is safe to do so

FBI Video: Run. Hide. Fight. Surviving an Active Shooter Event - www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-incidents

How to respond to a 911 operator or when law enforcement arrives

Initial Response
Remain calm and follow officers' instructions
Immediately raise hands and spread fingers
Keep hands visible at all times
Avoid quick movements, pointing, or yelling towards officers
Do not stop, proceed in direction of law enforcement

Provide Information
Location of the victims and the active shooter
Number of shooters, if more than one
Physical description of shooter(s)
Number and type of weapons held by the shooter(s)
Number of potential victims at the location

DHS Active Shooter Preparedness Resources - www.dhs.gov/active-shooter-preparedness

Signs of potential workplace violence

Increased use of alcohol and/or illegal drugs
Unexplained absenteeism and/or vague physical complaints
Depression/withdrawal

Noticeably unstable or emotional responses
Increasingly talks of problems at home
Unsolicited comments about violence and dangerous weapons

NJOHSP Active Shooter Response Training Video - www.njohsp.gov/active-shooter-response-training

https://www.njhomelandsecurity.gov/active-shooter-response-training/

https://www.njhomelandsecurity.gov/active-shooter-response

Contact: CommunityPolicing@lyndhurstpolice.com
For further inquiries or assistance with plan development.

ACTIVE SHOOTER TRAINING & RESOURCES

EMERGENCY ESSENTIALS KIT

www.lyndhurstnj.org

PRINT A COPY OF THIS EMERGENCY ESSENTIALS LIST AND TAKE IT WITH YOU TO THE STORE.

FOOD

- ❑ 3-7 Day supply of non-perishable food that doesn't need cooking *(rotate supply)*
- ❑ Hand operated can opener
- ❑ Plastic cups, utensils, and plates

WATER

- ❑ 1 gallon of drinking water per person per day enough for 3-7 days. *(rotate supply)*

FIRST AID

- ❑ First aid kit
- ❑ 3-7 day supply of backup prescriptions for essential medications *(rotate supply)*
- ❑ 24-36 hour back up supply of Oxygen

PERSONAL HYGIENE

- ❑ Hand sanitizer or disinfectant wipes
- ❑ Toilet paper, paper towels, and garbage bags
- ❑ Dental care and vision products
- ❑ Travel-size soaps and other hygiene care supplies
- ❑ Change of clothes, shoes, and blanket per person

CLEAN AIR ITEMS

- ❑ Nose and mouth protective masks (N-95 rating)
- ❑ Plastic sheeting
- ❑ Duct tape

BABY ITEMS

- ❑ Formula, bottles, and powdered milk
- ❑ Diapers
- ❑ Baby Wipes
- ❑ Diaper rash ointment

LIGHTING

- ❑ Flashlights with extra batteries for each family member
- ❑ Battery operated lanterns for each common area
- ❑ Waterproof matches or lighter

COMMUNICATION

- ❑ Battery powered AM/FM radio
- ❑ Land-line phone with long cord
- ❑ Extra batteries for lights and radio
- ❑ Extra cell phone battery and car charger
- ❑ Whistle

SAFETY ITEMS

- ❑ Smoke detector w/ a battery for each floor
- ❑ CO detector with battery back up
- ❑ Fire extinguisher (Class ABC rating)
- ❑ Unscented bleach
- ❑ Sunscreen
- ❑ Insect repellant
- ❑ Shovel and basic tool set

TRANSPORTATION

- ❑ Road maps if phone or GPS fails
- ❑ Repair items (jack, patch kit, fuses, fuel)
- ❑ Games, books, and puzzles

PET NEEDS

- ❑ 7 day supply of non-perishable pet food and water
- ❑ Cage or pet carrier, leash, and collar with identification and rabies tag
- ❑ Pet medications and pet first aid kit
- ❑ Current photo in case of separation
- ❑ Cat litter and box
- ❑ Pet bed and toys
- ❑ Dog waste bags

@LyndhurstNJOEM **Lyndhurst, NJOEM** **Text 07071 to 888777 to receive NIXLE alerts**

The Township of
Lyndhurst
Established 1917

OFFICE OF EMERGENCY MANAGEMENT
TOWNSHIP OF LYNDHURST
STATE OF NEW JERSEY
COUNTY OF BERGEN
ESTABLISHED 1917

Connect for *FREE* with Lyndhurst, NJ OEM

OFFICE OF EMERGENCY MANAGEMENT
TOWNSHIP OF LYNDHURST
STATE OF NEW JERSEY
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STAY CONNECTED
STAY INFORMED

everbridge NIXLE

Text **07071** to **888777** to receive Nixle alerts from Lyndhurst OEM & Lyndhurst Police Department

SWIFTREACH

Sign up by visiting www.bcoem.org and click on the Swiftreach 911 Notification portal located on the left side.

@LyndhurstNJOEM

Township of Lyndhurst
Mayor & Board of Commissioners

Mayor Robert Giangeruso
Dept. of Public Safety

Commissioner Thomas A. DiMaggio
Dept. of Parks & Public Property

Commissioner Karen Haggerty
Dept. of Public Affairs

Commissioner Richard Jarvis
Dept. of Public Works

Commissioner John Montillo Jr.
Dept. of Revenue & Finance

Paul N. Haggerty
OEM Coordinator