



ASSEMBLY MEMBER  
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*Reports to the People*



Summer 2018

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*Dear Friends and Neighbors:*

*We are living in a different time than once before. The threat of super storms and devastating events does exist. There were tornadoes in upstate New York, and torrential downpours and flooding in our backyard. The need for preparation is evident and real, as such I have compiled the following for the case of emergency preparation. Please do not hesitate to contact my office and my staff with any questions. Thank you and be safe.*

## Preliminary Questions for Family Emergency Plan

*To develop your family emergency plan, you need to be able to answer the following questions:*

1. What are the possible emergencies you and your family might face in your area of the country?
2. How will you and your family evacuate or escape your home if you need to?
3. Where will you meet your family members if all of you are not home at the time of evacuation?
4. What route will you and your family take out of your neighborhood and town if you need to leave?
5. Do you have another route if needed?
6. What supplies will you take with you?
7. What types of supplies will you and your family need to “shelter in place”? Do you have enough of these items? (“Shelter in place” is the process of staying where you are and taking shelter, rather than trying to evacuate).
8. What are your neighborhood or community warning signals (such as horns or sirens when a tornado has been seen in the area)? Do you and other family members know what they sound like and what they mean?
9. What resources, organizations, and emergency services are in your community that can help in an emergency? What is your backup plan if help is unable to reach you and your family?
10. Have you contacted any local organizations (for example, a local emergency room at a nearby hospital, the United Way, the Red Cross, or the Salvation Army) to let them know that someone in your family has special needs in the event of an emergency?
11. Do you have a place for your pets if you need to leave your home? Will you be able to take them with you wherever you are going?
12. Do you have an emergency contact person who lives out of the area? Do those in your family, chapter, or hemophilia treatment center (HTC) know that person’s telephone number and to call that person if they need to get in touch with you?
13. Have you developed a plan and practiced your plan with your children?
14. Do you have supplies prepared that you can take with you? (Often called a “go-bag”)
  - Does everyone know where it is in the house?
  - Has someone been given the job of taking it if you and your family have to leave?
  - Do you have a backup person to check on the go-bag? Who is that person?
  - Do you have a plan for using the supplies in your go-bag so that they do not expire (e.g., every first day of the month placing new supplies in the go-bag and using the old supplies taken from the bag)?
15. Do you know the emergency plan(s) of the school(s) your children attend?
16. Do you know your workplace’s emergency plan if one or more family members are working?
17. Have you discussed emergency plans with your HTC or homecare company, or both? Do you know where you can get factor and supplies if you cannot get them from your usual source?

## General Supplies

*Keep the following supplies on hand at all times:*

- Two pairs of latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agents or soap and antibiotic towelettes
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or for use as a general decontaminant
- Thermometer
- Prescription medications such as insulin, heart medicine, and asthma inhalers; periodically update your family's medications to ensure that they don't expire
- Prescribed medical supplies, such as glucose and blood pressure monitoring equipment and supplies
- Petroleum jelly or other lubricant to prevent dryness, chafing, or cracking of the skin during extreme weather conditions
- Nonprescription drugs, such as non-aspirin pain relievers, feminine supplies and personal hygiene items, antidiarrheal medications, antacid for upset stomachs, and laxatives
- Flashlights with extra batteries
- Battery-powered radios with extra batteries or a hand crank-powered radio
- Dust masks and work gloves
- Plastic garbage bags and ties
- A whistle
- Cloth face masks to help filter contaminants in the air
- Towelettes or baby wipes
- A wrench or pliers to turn off utilities (such as water or gas)
- Plastic sheeting and duct tape for sheltering in place
- Universal or wind-up cell phone charger
- Matches in a waterproof container
- Games and activities for children

## Food and Water

*Keep the following food and drink items on hand at all times:*

- A 3-day supply of water (1 gallon per person per day; more if you live in a warm climate)
- A 3-day supply of ready-to-eat foods, such as canned meat, canned fruits and vegetables, and ultra-high temperature milk (also called UHT milk). This is a specially processed milk that has a long shelf life.
- High-energy foods such as peanut butter, nuts, dry cereal, granola, and crackers
- "Stress foods" such as hard candy or cookies
- A manual can opener
- Eating utensils and supplies (for example, paper plates and plastic forks, spoons, and knives)

## Clothing

*Have on hand at all times, whether sheltering in place or evacuating, one complete change of warm clothing and shoes per person, including:*

- A jacket or coat
- Long pants
- A long-sleeved shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket

## Other Miscellaneous Items

*The following items also should be stocked:*

- Emergency reference materials, such as a first-aid book or a photocopy of such a book or manual
- Rain gear
- Paper towels
- A fire extinguisher
- A tent
- A compass
- Matches in a waterproof container
- Signal flares
- Paper and pencils
- A medicine dropper
- Household chlorine bleach, which you can use as a disinfectant to clean surfaces (mix nine parts water to one part bleach). In an emergency, you also can use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or colorsafe bleach or bleach with added cleaners.

Whether it is preparing for a natural disaster like Super Storm Sandy or avoiding common causes of everyday disasters like water damage, fires and carbon monoxide poisoning, there are resources for home and business owners that can help protect lives and property.

### Two Steps for Disaster Preparedness:

#### A. Create a Survival Kit

In creating a survival kit, think about what you would need if you were stranded away from home for three to seven days. Prepare your kit well in advance so that if you have to evacuate quickly, you are able to take your essentials with you. Canned food and other nonperishable food, along with a non-electric can opener.

1. Enough water for a gallon of water per person, per day.
2. Toiletries and personal items
3. Flashlights and plenty of batteries
4. A portable radio and/or television
5. Prescription medications
6. Extra clothing and blankets
7. A first-aid kit
8. Emergency cash and credit cards
9. A copy of your homeowners insurance policy
10. A copy of an inventory of your home's contents
11. Other personal documents



# Emergency Contact List

## Out-of-State Contact

NAME \_\_\_\_\_

CITY \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

## Local Contact

NAME \_\_\_\_\_

CITY \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

## Nearest Relative

NAME \_\_\_\_\_

CITY \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

NAME \_\_\_\_\_

CITY \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

## Family Work and Cell Numbers

FATHER \_\_\_\_\_

CELL PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

MOTHER \_\_\_\_\_

CELL PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

HUSBAND/WIFE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

CHILDREN \_\_\_\_\_

CELL PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

*In many cases our pets are our family and loved ones as well. It is imperative we know the proper procedure and protocol on how to evacuate and handle our pets in an emergency situation. The below is a step by step guide on the proper steps and checklist to follow. Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water.*

- Food:** Keep at least three days of food in an airtight, waterproof container.
- Water:** Store at least three days of water specifically for your pets, in addition to water you need for yourself and your family.
- Medicines and medical records:** Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.
- First aid kit:** Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.
- Collar with ID tag, harness or leash:** Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar and ID tag in your pet's emergency supply kit.

CHILDREN \_\_\_\_\_

CELL PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

**Emergency Telephone Numbers (Life threatening call 911)**

POLICE \_\_\_\_\_

FIRE \_\_\_\_\_

HOSPITAL \_\_\_\_\_

## Physicians/Healthcare Providers

NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

## Reunion/Meeting Locations

Right outside your residence:

\_\_\_\_\_

\_\_\_\_\_

Away from the neighborhood, in case you cannot return home:

\_\_\_\_\_

\_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

NAME \_\_\_\_\_

- ROUTE TO TRY FIRST
- Important documents:** Place copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container and also add them to your kit.
  - Crate or other pet carrier:** If you need to evacuate in an emergency situation take your pets and animals with you, provided that it is practical to do so.
  - Sanitation:** Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs. You can use bleach as a disinfectant (dilute nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 8 drops of regular household liquid bleach per gallon of water, stir well and let it stand for 30 minutes before use. Do not use scented or color safe bleaches or those with added cleaners.
  - A picture of you and your pet together:** If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.
  - Familiar items:** Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.

*Consider two kits. In one, put everything your pets will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you and your pets have to get away.*

## B. Have a Plan

Well before a disaster strikes, you should be thinking about your evacuation plan. An evacuation plan that is spelled out and distributed to everyone in the family well in advance is a good strategy for success in case of disaster.

1. Designate a place for all family members to meet. Make sure the meeting place is outside the impacted area.
2. Meeting place:
  - Map out an evacuation route. While there may be one well-traveled route to your meeting place, make sure you have alternate routes mapped out in case your main route is blocked.
  - Keep your fuel tank filled in your car. Determine how much fuel you will need to reach your meeting place.
    - i. Identify a contact person outside the affected area. Give their contact information to everyone in the family so they can serve as a point of contact should you get separated.
    - ii. Contact person:
    - iii. Phone number:
3. Build an Inventory.
4. In the event of severe damage to your home or business, having a current inventory of your possessions – including make and model numbers – can help you get your insurance claim settled faster, verify losses for your income tax return and help you purchase the correct amount of insurance
  - Take pictures. Take pictures of rooms and important individual items. Label pictures with a description, including where you bought it and the make, model and serial number.
  - Create an electronic file. Use your computer to make your inventory list. Personal finance software packages often include a homeowner's room-by-room inventory program.
  - Store the list, photos and tapes. Regardless of how you create it (written list, flash drive, photos, video or audio), keep your inventory, along with receipts, in your safe deposit box or at a friend's or colleague's home.

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