



# Emergency Preparedness Month

## Are You and Your Family Prepared?

### Three things that you can do to help make a difference

#### Make a Kit:



- 3 –7 day supply of water (1gallon per person/pet per day)
  - Canned Food
  - Battery Operated Radio
  - Flashlight
  - First Aid Kit
  - Medication/Prescriptions\*
  - Personal Toiletries \*
  - Can Opener/ Utensils
  - Infant & Elderly Care Needs
  - Pet Supplies
  - Special Needs items \*
  - Cash
  - Important Documents and Numbers
- \* Bring These Items With You to a Shelter

#### Have a Plan:



- Meet with your family members to discuss plans
- Choose tasks for each household member to be responsible for
- Select Meeting Places: Outside your home/ neighborhood
- Have an out of area emergency phone contact
- Know your area's Evacuation routes
- Pets: know a pet friendly hotel or shelter

**Practice your plan!!!**

#### Be Informed and get Involved:



- Learn what disasters may occur in your area
- Download the American Red Cross preparedness apps to your smart phone
- Watch the news, listen to radio or view phone for alerts that you have signed up for
- Get Training  
CPR–First Aid
- Volunteer  
Medical Reserve Corps (MRC)
- Donate Blood
- For more Information go to:  
[www.hudsonregional.org](http://www.hudsonregional.org)  
[www.ready.gov](http://www.ready.gov)

## Volunteers Needed!!!

Hudson Regional Health Commission (HRHC) Medical Reserve Corps (MRC) is a group of medical and non-medical volunteers who are trained to respond to and assist in the event of a public health emergency. HRHC MRC is designed to identify, train and register individuals who are willing to serve their community during the time of a bioterrorism attack, disease outbreak or naturally occurring disasters such as hurricanes, floods...

We offer free training to our volunteers in CPR/First Aid/ AED, Personal Preparedness, Psychological and Mental Health First Aid as well as many other topics.

We will be holding our next training “Family Preparedness and The Role of the MRC in a Public Health Emergency” on September 30, 2015 at the Secaucus Library from 6 to 8:45PM



If you are interested in attending or interested in becoming a MRC Volunteer, please visit our website at [www.hudsonregional.org](http://www.hudsonregional.org) or call us at 201-223-1133 to RSVP.

