

Township of Manalapan

BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



September is National Preparedness Month

The goal of National Preparedness Month is to inform the community about how to prepare and stay safe during any disaster.

Types of Disasters

Disaster can happen anytime and anywhere. There are many different types of emergencies:

- Epidemics or Pandemics
- Technological & Accidental Hazards
 - Power Outages, Hazardous Materials, etc.
- Natural Disasters
 - Earthquakes, Hurricanes, Floods, Winter Storms, and Extreme Cold
- Terrorist Hazards
 - Biological or chemical threats, Cyberattacks

Disasters can take many different forms. They can be forces of nature or completely man-made threats. Most importantly, no matter what kind, disaster must not be taken lightly. This month is all about preparing, ensuring the safety of yourself and your family.

Before a Disaster

Before a disaster, make a plan. Keep yourself informed by asking local officials what your community's evacuation plans are. Plan for everyone in the family; infants, children, and senior citizens all have different needs. Keep in mind that your family might be separated when there is an emergency.

Make a Disaster Kit

A disaster kit contains the basic necessities that will support your family during an emergency. A kit should be able to last for at least a few days. Local officials will be able to help everyone after a disaster but it might take some time for them to get to your family. A disaster kit will solve this problem. Some of the items found in a disaster kit are:

- Water
- Non-perishable food
- Battery-powered or hand crank radio and NOAA Weather Radio
- First Aid Kit
- Personal Sanitation Items
- Local Maps

Assess the needs of everyone in your family and pack your disaster kit accordingly.

Be Involved

- Get involved with your local American Red Cross Chapter or train with a Community Emergency Response Team (CERT).
- Participate in America's Preparathon

The Preparathon is a nationwide campaign aimed to increase community disaster preparedness and resilience. Join by going to <http://community.fema.gov/about>. The website provides resources for you to create your own preparedness activity and spread it throughout your community.

For detailed information on what to do before, during, and after an disaster in any situation, visit <http://www.ready.gov/september>.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576