

I fully endorse this informative brochure, "Pompton Lakes Guide to Emergency & Pandemic Flu Preparedness". We hope that you will never need to use the information and/or supplies but emergencies do happen. In the past Pompton Lakes has faced flooding, hurricanes and even a small tornado. And while we hope to enjoy a future without a pandemic event there is no certainty.

Our Health Officer, MaryAnn Orapello, has led the planning for all health related emergencies. MaryAnn has worked closely with State and County agencies and with our local Office of Emergency Management Coordinator Al Evangelista to prepare for and respond to these types of events.

Please take the time NOW to read this brochure. A few minutes preparing today will help you tomorrow.

My thanks to the Pompton Lakes Board of Health for all their efforts on behalf of those who live and work in Pompton Lakes.

Katie Cole, Mayor

Emergencies can affect anyone and can strike with little or no warning. Tornadoes, fires, floods, storms, power outages, or even terrorist attacks can leave little time to gather the essentials needed if relocation becomes necessary. Residents might not have enough supplies on hand if they have to remain in their home for several days. By assuring that supplies such as adequate water, nutritional foods, and essential medications are available, families can maintain their health and well-being during an emergency.

Pompton Lakes is in the final stages of the pandemic plan development to protect the public. In the event of an emergency, Pompton Lakes will make every effort to deliver essential services. However, it is important to be ready to take care of yourself and those around you.

Knowing what to do when a disaster strikes will help you better control the situation and put you in a position to recover more quickly. Pompton Lakes residents are encouraged to take some simple steps to prepare for potential emergencies. Residents should have some basic supplies on hand in order to shelter in place for at least three days if an emergency occurs. The following is a listing of some basic items that every emergency supply kit should include.

- ✓ Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- ✓ Food, at least a three-day supply of non-perishable food.
- ✓ Battery-powered or hand crank radio and NOAA Weather Radio with tone alert and extra batteries for both.
- ✓ Flashlight and extra batteries.
- ✓ First Aid Kit.
- ✓ Whistle to signal for help.
- ✓ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation.
- ✓ Wrench or pliers to turn off utilities.
- ✓ Can opener for food.
- ✓ Local maps.

The following is a listing of additional items to consider adding to an Emergency Supply Kit:

- ✓ Prescription medication and glasses.
- ✓ Infant formula and diapers.
- ✓ Pet food and extra water for your pet.
- ✓ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- ✓ Cash or travelers checks and change.
- ✓ Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov).
- ✓ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

- ✓ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ✓ Household chlorine bleach and medicine dropper.
- ✓ Fire extinguisher.
- ✓ Matches in a waterproof container.
- ✓ Feminine supplies and personal hygiene items.
- ✓ Mess kits, paper cups, plates and plastic utensils, paper towels.
- ✓ Paper and pencil.
- ✓ Books, games, puzzles or other activities for children.

### PANDEMIC FLU

#### *What is an influenza pandemic?*

- An influenza pandemic is a global outbreak of influenza.
- Pandemics are different than seasonal outbreaks of influenza.
- The timing and nature of pandemics are unpredictable.

#### *Pandemics are different than seasonal outbreaks of influenza.*

- Seasonal outbreaks or "epidemics" of flu are caused by influenza viruses that have already circulated among people.
- Influenza pandemics are caused by a new influenza virus that has not circulated among people.
- Past influenza pandemics have led to high levels of illness, death, social disruption and economic loss.

#### *The timing and nature of pandemics are unpredictable.*

- Three influenza pandemics have occurred during the 20<sup>th</sup> century, with the last occurring in 1968-69.
- Many scientists believe it is only a matter of time until the next pandemic occurs,

although the length & severity cannot be predicted.

- An influenza pandemic may include second and third waves of activity months after the first wave.

#### *In a pandemic, the goal would be to vaccinate everyone.*

- During the early stages of the pandemic vaccine will be in limited supply.
- First responders will likely be the first to be vaccinated.
- Other groups will be identified for vaccination based on the spread of the pandemic and the level of risk.

Preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

- ✓ Stay healthy by eating a balanced diet, exercise daily, get enough rest and drink plenty of fluids.
- ✓ Be sure to get your seasonal flu shot.
- ✓ Stay informed by keeping up-to-date on a possible pandemic by listening to reputable television, radio programs, Borough website, or Cablevision channel 77.
- ✓ **Wash hands frequently using soap and water.**
- ✓ Cover coughs and sneezes with tissues. Cough or sneeze into you sleeve. Dispose of used tissues and then wash your hands.
- ✓ If you get sick, stay home and away from others as much as possible.

### PANDEMIC FLU EMERGENCY KIT

- ✓ Two weeks worth of food for you and your family. This should be food that does not need refrigeration such as canned meats and fish, beans, soups, fruits, and dry goods.

- ✓ Water stored in sealed unbreakable containers.
- ✓ Two weeks worth of prescription medications.
- ✓ Two weeks worth of ibuprofen or acetaminophen, and cough medicine for each person in the house.
- ✓ Rehydration solution. For example, Pedialyte for kids and Gatorade for adults and teens.
- ✓ Cell phone and charger.
- ✓ Supply of plastic gloves.
- ✓ Disinfectants and chlorine bleach.

Throughout a pandemic flu you may be asked or required to do things to help hold back the spread of disease in our community. If local Public Health Officials or your healthcare provider asks you to take certain actions, please follow those instructions.

Here are some examples of what you might be asked or required to do:

- ✓ When sick, stay at home. Children should not go to school if they are sick. Staying home during a pandemic flu will be absolutely necessary to limit the spread of disease.
- ✓ Even though you may be healthy, you could be asked to stay away from public gatherings such as sporting events, movies and festivals. During a pandemic flu public gatherings could be cancelled to reduce the spread of the virus.

### PREVENT THE SPREAD OF DISEASE AT HOME

- ✓ Isolate the ill person within your home. The person who is ill should not leave the home unless they are being taken to a medical appointment. **DO NOT HAVE VISITORS.** Designate a room separate from other household

members, this room should have a closable door. Use disposable gloves when cleaning or disinfecting any room where a sick person has been.

- ✓ Wash hands with soap or use alcohol-based hand rubs.
- ✓ Keep the household environment clean. On a daily basis clean surfaces and commonly shared items like door knobs, microwaves, and refrigerators. Store brand chlorine bleach can be used as a disinfectant by mixing ¼ cup chlorine bleach with 1 gallon of water.
- ✓ Sneeze or cough into your sleeve.
- ✓ Watch all household members for symptoms of respiratory illness. Contact your health care provider if a fever or other symptoms such as chills, cough, sore throat, headache or muscle aches develop.
- ✓ Keep supplies of soap, tissues, and cleaning items on hand.

### HANDWASHING

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands.

#### *When should you wash your hands?*

- ✓ Before preparing or eating food.
- ✓ After going to the bathroom.
- ✓ After changing diapers or cleaning up a child who has gone to the bathroom.
- ✓ Before and after caring for someone who is sick.
- ✓ After handling uncooked foods, particularly raw meat, poultry, or fish.
- ✓ After blowing your nose, coughing, or sneezing.
- ✓ After handling an animal or animal waste.
- ✓ After handling garbage.
- ✓ Before and after treating a cut or wound.

### LEARN MORE



- Go to [www.cdc.gov/flu/pandemic](http://www.cdc.gov/flu/pandemic) for general information about pandemic flu and other health related information
- Go to [www.redcross.org](http://www.redcross.org) for all the information you will need to make your own emergency preparedness plan
- Go to [www.pandemicflu.gov](http://www.pandemicflu.gov) for updates on national and international pandemic flu
- Go to [www.nj.gov/health/flu](http://www.nj.gov/health/flu) for statewide pandemic flu information
- Go to [www.cdc.gov/travel/destinat.htm](http://www.cdc.gov/travel/destinat.htm) for health related travel information
- Go to [www.who.int](http://www.who.int) for health related information and international disease outbreak information
- Go to [www.pomptonlakesgov.com](http://www.pomptonlakesgov.com) for local updates and information

*Self reliance will be crucial during times of emergency. Help may be extremely limited and local resources taxed. You owe it to yourself and your loved ones to be ready for any eventuality.*

# Pompton Lakes Guide To Emergency & Pandemic Flu Preparedness



**Pompton Lakes Health Department**  
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For Emergency Updates:

[www.pomptonlakesgov.com](http://www.pomptonlakesgov.com)  
Cablevision Channel 77  
AM Radio WGHT 1500