



NEW YORK CITY **OFFICE OF EMERGENCY MANAGEMENT**
Office of Public Information

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OEM NEW YEAR'S RESOLUTION: GET PREPARED IN 2006

With holiday shopping and gift-giving behind us, now is the time to make New Year's resolutions. Common vows include losing weight, saving money, giving to charity and spending more time with loved ones. This year, the NYC Office of Emergency Management (OEM) suggests New Yorkers also resolve to better prepare for emergencies.

Consider the following preparedness activities from OEM's Ready New York campaign:

1. Develop a Household Disaster Plan

Everyone in your family should know what to do, how to find one another and how to communicate in an emergency. Your disaster plan should include:

- A reference card with contact information for all family members.
- An out-of-state contact everyone can call when local lines are busy
- A meeting spot near your home where you can reunite in an emergency
- Exit routes from your household
- Disaster plan practice drills

2. Put Together a Go Bag for Your Household

Every member of your household should pack a "Go Bag," a lightweight, portable collection of items to take with you if you have to leave in a hurry. Include the following items:

- Photo IDs and copies of insurance and other important documents
- Extra sets of house and car keys
- Bottled water and non-perishable food
- Flashlight, battery-operated radio and batteries
- Comfortable shoes, mylar blanket and lightweight rain poncho
- First-aid kit and necessary medications



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3. Assemble a Household Emergency Supply Kit

Should you lose utilities, or conditions outside prevent you from leaving home, make sure you have enough supplies to survive on your own for up to three days. Essentials include:

- One gallon of drinking water per person per day
- Non-perishable food and a manual can opener
- A first-aid kit
- A flashlight and batteries
- A battery-operated radio
- A telephone that does not require electricity

A few simple steps can go a long way when disaster strikes. For more information about Ready New York and getting prepared for emergencies, visit OEM's website at www.nyc.gov/readynewyork or call 311.

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