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**FOR IMMEDIATE RELEASE:**

Release 06-23

December 29, 2006

## **RESOLVE TO PREPARE IN 2007**

New Yorkers know emergencies, but not all New Yorkers are prepared for them. Sure, resolving to exercise regularly, read more, and learn a second language are great, but this year spice up the list and resolve to be prepared for emergencies.

OEM encourages New Yorkers to take these simple steps:

### **1. Get Informed**

Educating yourself and your family is the first step toward preparedness. Know fact from fiction when making decisions about your safety.

- Learn the hazards that exist in New York City.
- Download a Ready New York guide that suits your needs at [NYC.gov/readyny](http://NYC.gov/readyny).
- Sign up for OEM e-mail alerts to keep you informed of emergency updates, preparedness events, and preparedness tips.

### **2. Be Prepared**

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

### **3. Have a Plan**

Everyone in your family should know 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

These simple steps will go a long way when disaster strikes. For more information about Ready New York and getting prepared for emergencies, visit OEM's website at [NYC.gov/readyny](http://NYC.gov/readyny) or call 311.

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