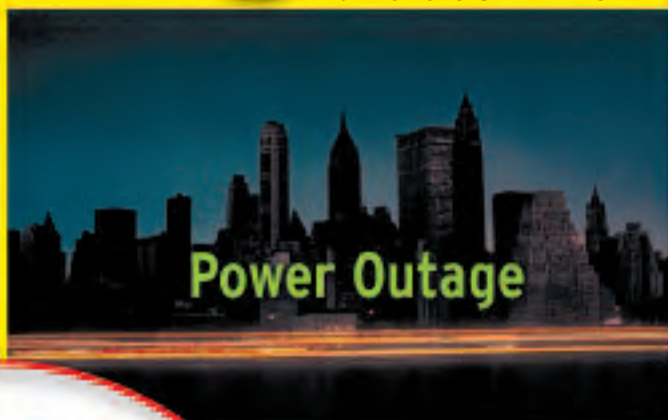


Get Ready NY

Plan for the UNEXPECTED



These Things Happen Here, Too.

New York, It's Time to Get Ready.



An apartment fire...
ARE YOU READY WITH AN EXIT PLAN?

Power outages...
Blackouts...
IS YOUR EMERGENCY KIT SET?

A water main break...
Frigid temperatures...
COULD YOU GRAB YOUR GO BAG AND GO?

Inside

TEENS ALL OVER NEW YORK ARE PLANNING FOR ALL KINDS OF UNEXPECTED EVENTS. READ ON FOR THREE STORIES THAT WILL GET YOU THINKING AND TALKING ABOUT WHAT YOU WOULD DO IN AN EMERGENCY.

4 Get Ready with a Plan

Read on for the story of how one teen used a fire exit plan—and got out safely with her family.

5 Get Set to Stay Home

Read on for the story of a teen who recalls the Blackout of 2003—and his long journey home.

6 On the Go with a Go Bag

Read on for the story of one teen who was ready to go—with nothing but a backpack—when a water main in his apartment broke.

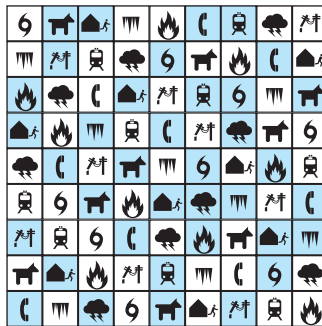


7 Get Your Plan Together Today

Check off this list to make your emergency plans.

8 Are You Readydoku?

Are you an expert on emergency icons? Find out.



Answers to Readydoku

For more emergency preparedness information, call 311 or visit www.NYC.gov/readyny.

To sign up for emergency email alerts, visit www.nyc.gov/oemnews.

SMART AND SAFE TIPS

Include pets in your emergency plans. Call 311 and ask for "Ready New York for Pets" or visit www.NYC.gov/readyny.

Emergencies are stressful. Call 800-LifeNet (NYC's Mental Health Hotline) 24/7 to talk with someone.

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In a NY Minute

WE'RE READY FOR ANYTHING...HOW ABOUT YOU?

New York teens can handle a lot, just like our city. To help you handle more, it pays to **BE PREPARED**. We've created this magazine to share ideas about how to get ready for an emergency so you know what to do when something unexpected happens. There are all kinds of sudden events that can have a big impact on the city and on you. In a split second, a **FIRE** or **WATER MAIN BREAK** could force you from your home. Or a **BLACKOUT** or **SUBWAY SHUTDOWN** could make it tough to get home. A freak storm like a hurricane, flood, or blizzard can call for a quick decision about what to do or where to go.

You have to **THINK FAST** in an emergency. That's why it pays to **THINK AHEAD**. A lot of people already do. The city government and every school have emergency plans. They're ready to help protect all of us. But you can make sure you're even safer when you know what to do and how to think for yourself in all kinds of emergencies.

It's true, anything can happen in NYC. Check out our easy ideas to be sure you're ready to **RESPOND** in a New York minute.

GET READY:

Make a Plan

Develop an emergency plan with your family so you know what to do, how to find each other, and how to communicate in an emergency.



GET SET:

Prepare at Home

Keep enough supplies in your home to survive for at least three days, and store them in a place where you can get to them fast. Tell everyone living with you that these supplies are for emergencies only.



GO:

With Your Go Bag

Each family member should pack a Go Bag that has all the items he or she may need in the event of an evacuation. A Go Bag should be a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. Store your Go Bag where you can get to it fast, and make sure it's ready any time.



GET THE 411

ON 311 AND 911

CALL 311 (TTY 212-504-4115)
when you need non-emergency services and information, such as:

- Working papers and job training for youth employment (summer and year-round)
- High school admissions and workshops
- Alternate schools and programs
- CUNY prep courses
- After-school programs
- Lifeguard training and public pool locations and hours
- Do NOT call 311 for emergencies

CALL 911

- When you are in immediate danger or witness a crime in progress
- For a serious injury or medical condition
- Any other situation needing urgent attention
- Do NOT call 911 for non-emergencies or to report a power outage (power outages may be urgent but phone lines need to be kept open for emergency calls).

DO YOU
KNOW WHEN
TO USE 311
AND 911?

Teens: Get Ready with a Plan

READ ON FOR THE STORY OF ONE TEEN WHO USED A FIRE EXIT PLAN—AND GOT OUT SAFELY WITH HER FAMILY

Rachel, wake up!" It was 3 A.M. on a Saturday. My room was smoky, and the smoke detector was going off. "I think there's a fire!" yelled my sister Lisa. I bolted out of bed and ran to the door. Lisa was way ahead of me. "Rachel, let's get out of here!"

We knew the fire exit plan by heart, so we felt the bedroom door before opening it. It wasn't hot, so we exited into the hallway. Lisa was choking and I was so scared. Papa called out to us: "Come quick, and stay low!" he yelled. We crawled down the hall in the direction of his voice, feeling the wall as we went. Papa was kneeling in the kitchen, his hands on the apartment door.

"This door is burning hot!" he told us. "We've got to get to the fire escape!"

We crawled back to the living room. Papa opened the window to the fire escape, and the three of us carefully climbed down the stairs. We saw our neighbor Mr. Johnson, who uses a cane, struggling to exit from his window. Papa

stopped to help him. "I can hardly breathe!" he rasped. Papa put one strong arm around Mr. Johnson's shoulders and whisked him downstairs.

When we got down, we ran for our emergency meeting spot—the mailbox on the corner—where we met up with our cousin George, who lives on the second floor. "I'm so glad you're OK," he said. When we got to the corner, a firefighter asked us if everyone in our apartment had gotten out. Since we had picked a meeting place as part of our emergency plan, we knew everyone in our family was safe. Firefighters and police were asking families who had exited together to line up away from the building. A police officer explained that if we stayed in a group away from the building, the firefighters wouldn't have to go back in to find family members who were already outside.

As I looked around, I saw that some of our neighbors looked really scared. Our family was too, but we were basically OK. "Thank goodness you had a plan," Mr. Johnson said.

Here's what your

EMERGENCY PLAN

- **DECIDE** where your household will meet in an emergency; one location right outside your home and another outside your neighborhood.
- **FIND AND REMEMBER** all possible exit routes from your home and neighborhood.

should include:

- **CHOOSE** a faraway friend or relative whom household members can call if separated during a disaster.
- **CHECK ON** seniors, people with disabilities, and people who don't speak English.
- **MAKE SURE** that everyone in your household has a copy of your emergency plan, and a wallet card.
- **PRACTICE** your plan with all household members.



DO YOU KNOW?

WHEN YOU CALL 311, YOU GET A LIVE OPERATOR 24/7. 311 HAS TRANSLATION SERVICES FOR OVER 170 LANGUAGES.

TEST YOUR SMARTS

Take this quiz to see how your emergency know-how stacks up. Get ready, Get set, Go!

- 1 What is the best way to keep from getting the flu each year?
 - a. By wearing layers of clothing
 - b. By getting an annual flu shot
 - c. By taking cold medication
- 2 How fast do hurricane-force winds blow?
 - a. Less than 50 miles per hour
 - b. Between 50 and 60 miles per hour
 - c. A sustained speed of 74 miles per hour or more
- 3 A fire exit plan should include:
 - a. Two ways out of every room and an outside meeting place
 - b. Smoke alarm and practice evacuations
 - c. Both a and b
- 4 What does a "flood warning" mean?
 - a. That a flood watch is in effect
 - b. That you should turn on the news
 - c. That flooding is already occurring or about to occur in your area
- 5 Which choice is NOT a way to prevent heat illness when it's very hot?
 - a. Drinking plenty of water
 - b. Staying inside close to the AC
 - c. Wearing close-fitting, dark-colored clothing
- 6 Which of the following do you NOT have to update at Daylight Saving Time?
 - a. Your Go Bag
 - b. Your closet
 - c. Your smoke detector batteries
- 7 What are the four main blood types?
 - a. A, B, AB, and O
 - b. A⁺, A⁻, B⁺, B⁻
 - c. AB, BA, AO, BO

ANSWERS:

1. B—Get a flu shot. The best way to prevent the flu is to get vaccinated each year.
2. C—Hurricane-force winds blow 74 mph or more, and can destroy certain kinds of buildings and mobile homes.
3. C—Only 23 percent of households* have developed and practiced a home fire exit plan. Make sure your family has one to ensure that you can escape from a fire quickly and safely.
4. C—A flood warning means flooding is already occurring or will occur soon in your area.
5. B—Wear loose, lightweight, light-colored clothing. Light colors reflect heat and sunlight to keep you cool.
6. B—Make a habit of replacing batteries in your smoke detector and updating your Go Bag twice a year, at Daylight Saving Time.
7. A—The four main blood types (A, B, AB, and O) consist of 1) red blood cells, 2) white blood cells, 3) platelets, and 4) plasma.

Source: NFPA, www.nfpa.org/assets/files/Quiz/fire_prevention_week_quiz_07.html.



SPEAK OUT!

Thirty New York teens were asked "What is the one thing you could never live without in an emergency?" Here's what some of them said:

"LET ME THINK ABOUT THAT...I'D HAVE TO HAVE WATER, AND WOULD NEED A FLASHLIGHT TOO. AND IF I COULD BRING SOME HOME-COOKED FOOD THAT WOULD MAKE ME FEEL BETTER."

"I WOULDN'T WANT TO BE WITHOUT A RADIO—WITH EXTRA BATTERIES. AND I COULDN'T GO ANYWHERE WITHOUT MY YANKEES CAP."

"SOME CLEAN CLOTHES, GRANOLA BARS, MY TOOTHBRUSH...JUST THE BASICS."

"A METROCARD, SO I CAN GET AROUND. AND MAYBE A CELL PHONE TO CHECK IN ON MY FAMILY."

What about you? What are some of the things you could never live without in an emergency?

Here's what your **STAY-AT-HOME** kit should include:

- One gallon of drinking water per person, per day
- Non-perishable, ready-to-eat canned foods (like tuna and fruit) and a manual can opener
- Non-perishable dried foods like energy or granola bars
- First-aid kit, flashlight, and whistle
- Battery-operated AM/FM radio and extra batteries; or a windup radio
- Toothpaste, toothbrushes, wet cleansing wipes, and so on
- Iodine tablets or one quart of unscented bleach (for disinfecting water ONLY if directed to do so by health officials) and an eyedropper (for adding bleach to water)
- Phone that does not require electricity

Teens: Get Set to Stay Home

READ ON FOR THE STORY OF ONE TEEN WHO RECALLS THE BLACKOUT OF 2003—AND HIS LONG JOURNEY HOME

At approximately 4:20 P.M. on August 14, 2003, the power went out in New York City. Soon it was known that the outage had happened in much of the northeastern United States! That night, I walked home in complete darkness from downtown Manhattan to my home in Long Island City in Queens, approximately three miles away. When I arrived, my feet were covered with blisters, I was thirsty and exhausted, even a little confused. With all the lights off, I had trouble remembering the route I took to get home!



The photo I took on my way home on the night of the blackout shows the city in complete darkness. In New York, we always expect the power to be on—the city that never sleeps, right? Well, imagine Times Square and the Empire State Building in darkness, and every street lamp and traffic light in every borough.

A lot of people on my block sat out on stoops for a long time into the night, passing the hours making conversation, and trying to keep cool. Some wondered if they would make it to their job the next day. Many folks wondered what was going on, how widespread the blackout was, what had happened. One of my neighbors tried to tune in to his radio, but after a while the batteries ran out.

Anyone who was in New York then knows it can be miserable if you aren't prepared. It was super hot, and there was no running water. Without a stash of food in the cupboards, people started to get pretty hungry (no refrigerators, remember?). But the ones who were prepared had bottled water, canned food, and extra batteries at home.

The next day the lights were back on, and everyone I talked to was glad the blackout was over so quickly. Imagine what it would be like if a hurricane happened and the power was out for days! I can honestly say I don't think I would have been as prepared. That's why you have to be ready in emergencies to have food, water, and other necessities at home. But if you don't plan and don't gather the right items...you could be left in the dark.

Teens: On the Go with a Go Bag

READ ON FOR THE STORY OF ONE TEEN WHO WAS READY TO GO—WITH NOTHING BUT A BACKPACK—WHEN A WATER MAIN IN HIS APARTMENT BROKE

I've been to some nice pools. And to the ocean once. But a water main break in your apartment will make you hate the sight of water forever, if you're not prepared.

Last winter our building flooded. It was 8:30 P.M. and Mom and I heard water dripping in the next room. We got up to check it out and saw the water pouring in to our basement apartment. Not just a small flood, like an overflowing washing machine or a heavy rain. We didn't know what was going on, but Mom said we needed to leave. We grabbed our emergency Go Bags in a hurry and headed for the door. But on that cold night, the water outside quickly turned to ice, so exiting our building was tricky. Mom and I slipped more than once, and I ended up scraping my arm on the iron gate.

When we got to the top of the stairs, we saw that police had closed our street, and that the ice had quickly covered the sidewalk and the road. We walked quickly, arm-in-arm. It was freezing outside. We met up with some neighbors, who waved us down with a flashlight. They explained that the flooding was from a water main break under our street. The police told



everyone to stand away from the flood and the ice. The Red Cross arrived and gave us blankets and hot chocolate. We waited in the cold about 30 minutes before we were told to go to the neighborhood school, which was being set up as a shelter for those of us whose homes were flooded. While we were waiting, I opened my Go Bag and pulled out our first-aid kit. Mom and I cleaned and bandaged our cuts, and then I took out a granola bar and shared it with Mom.

I can't ever imagine seeing flooding like that again. Maybe in a hurricane. I've heard that hurricanes can happen in New York City, and I hope I never see one.

WORDS TO KNOW

COMMUNITY (n.)—A group of people that share a common neighborhood, interest, or background.

COORDINATE (v.)—To bring into harmony; to make a group of people work together in a smooth way.

EMERGENCY (n.)—A serious, unexpected event that requires clear thinking and, in some cases, quick action.

EVACUEE (n.)—A person who has left a dangerous area to find protection.

FAMILY (n.)—Your relatives and the other most important people in your life.

HURRICANE (n.)—A severe, rotating tropical storm with heavy rains and winds that are 74 mph or more.

NONPERISHABLE (n.)—Food that is packaged so it doesn't spoil.

WATER MAIN (n.)—An underground pipe used for transporting huge quantities of water to communities or neighborhoods for drinking, washing, and bathing.

Here's what your

GO BAG



should include:

- Copies of your important papers in a waterproof bag
- Extra set of car and house keys
- Copies of credit and ATM cards and cash
- Bottled water and snacks such as energy or granola bars
- First-aid kit, flashlight, and whistle
- Radio or portable music player with batteries (**don't forget to pack extra batteries**)
- A list of the medications each member of your family needs
- Toothpaste, toothbrushes, wet cleansing wipes, and so on
- Contact and meeting place information for your family and a small map of your section of the city
- Phone numbers of your friends or family/boyfriend/girlfriend
- Your favorite book, magazine, or games



Could a hurricane happen in New York? This map shows the neighborhoods that might flood if New York had a hurricane. For more hurricane information and a free hurricane brochure, visit www.NYC.gov/hurricane or call 311.



DO YOU KNOW?

THERE ARE 578 MILES OF COASTLINE IN NYC.

Get Your Plan Together Today

THE **8 Steps** YOUR PLAN SHOULD INCLUDE

KEEP IN MIND

There are many different choices that can be made in an emergency. What you choose to do may be different from what your neighbors, relatives, and friends do. Carefully consider your own set of circumstances in an emergency situation.



An emergency plan won't work if you keep it to yourself. Talk to all the people in your life (family, siblings, friends) to make sure everyone knows your plan, and fill out the list below.

NOTE: At school, your teacher or principal can help if there is an emergency. Schools have safety plans and follow special instructions when emergencies happen.

1 We know where we will all meet during an emergency. Close to home, our meeting place is:

Here's how we get there:

2 Outside the neighborhood, our meeting place is:

Here's how we get there:

3 An emergency exit from our home is:

4 We have a faraway friend or relative to call if we get separated in an emergency.

Person's Name:

Phone:

5 These are people we know who are seniors or who have disabilities:

We have shared the Emergency Plan with them and we will make sure they're OK in an emergency.

6 We have put together a Stay-at-Home Kit.

Date: _____

We'll check our supplies again on this date:

Continued on back cover

HOUSEHOLD EMERGENCY PLAN

Your Name: _____

Parent/Guardian's Name: _____

Parent/Guardian's Work Address: _____

Parent/Guardian's Work Phone #: _____

Home Meeting Place: _____

Neighborhood Meeting Place: _____

MORE ON BACK

Cut out and carry in your wallet.

HOUSEHOLD EMERGENCY PLAN

Your Name: _____

Parent/Guardian's Name: _____

Parent/Guardian's Work Address: _____

Parent/Guardian's Work Phone #: _____

Home Meeting Place: _____

Neighborhood Meeting Place: _____

MORE ON BACK

WORDS TO KNOW

BLACKOUT (n.)—A cutoff of electrical power due to shortage, breakdown, or too much use.

HAZARD (n.)—Something that could pose great danger. **HAZARDOUS** (adj.)—Possibly very dangerous.

HEAT ILLNESS (n.)—Health problems that occur when the body's temperature gets too hot, such as heat exhaustion or sunstroke.

PLAN (n. or v.)—A series of steps to achieve a goal (n.); To think ahead in order to achieve a goal (v.).

PORTABLE (adj.)—Easy to move or carry.

PREPARE (v.)—To become ready.

UNEXPECTED (adj.)—Coming without warning, as in "unexpected guests" or "unexpected news."

Get Your Plan Together Today

7 We have each packed a Go Bag.
Date: _____

8 We know the emergency exits from our home and out of the neighborhood. We know when to use 311 and when to use 911.

We'll each check our Go Bag again on this date:

Each of us has a copy of this Emergency Plan.

ARE YOU READYDOKU?

The Readydoku grid consists of 81 squares in a 9 by 9 grid. To solve the Readydoku, each square in the grid must contain one of the below 9 icons, with the following conditions:

- Each row of 9 cells must contain each of the icons only once.
- Each column of 9 cells must contain each of the icons only once.
- Each of the 3 by 3 boxes must contain each icon only once.

The Readydoku starts with a partially filled grid and you must complete the grid while following the rules above. If you complete the grid, you're Readydoku! Answers are on the Contents page.

KEY: evacuation winter weather hurricane pet safety

utility disruption	311 and 911	subway preparedness	fire	severe weather

HOUSEHOLD EMERGENCY PLAN

Faraway Friend/Relative's Phone #: _____

Other Important Information: _____

Cut out and carry in your wallet.

HOUSEHOLD EMERGENCY PLAN

Faraway Friend/Relative's Phone #: _____

Other Important Information: _____

VISIT www.NYC.gov/readyny FOR MORE EMERGENCY TIPS AND MATERIALS.

NYC
Office of Emergency Management
Department of Education
Bill de Blasio, Mayor

