

Emergency Preparedness

— ❧ A Survival Guide ❧ —



The Wyckoff Township Committee: from the left, Brian D. Scanlan, Haakon Jepsen, Kevin J. Rooney, Rudolf E. Boonstra, and Douglas J. Christie.

A Message from the Township Committee

As members of Wyckoff's governing body, we frequently assess which priorities require our attention to better serve the residents of the Township. In light of events a little over a year ago – specifically the damage wrought by Superstorm Sandy and its aftermath – there can be little doubt that maintaining the safety and security of our community is job number one.

To further that effort, we decided to dedicate the 2014 Municipal Calendar to the theme of "Emergency Preparedness" to detail many of the steps that residents can take to be ready for the next big storm or any other disruptive events, as well as how to respond afterward. The most important thing we can stress is to be "Storm Informed". Be proactive and register your email address, sign up for Reverse 911 and Nixle Text messages on the Home Page of www.wyckoff-nj.com. If you are a facebook user, click on Wyckoff, NJ Office of Emergency Management and "like the page" to receive emergency information from the Wyckoff Police Department. All the details can be found in this calendar, along with a wealth of other information to help you be prepared for an emergency and to deal with the aftermath.

We encourage you to read this information carefully and follow through on the recommendations that we've made. Some of these tips can save your life; others can help you protect your property.

We would also like to take this opportunity to extend our gratitude to the calendar advertisers, who make this important outreach possible. Please support them with your business.

Finally, we wish you a happy holiday season and a very healthy New Year.

Volunteer Opportunities Abound

There are few better feelings than the satisfaction of having served your community by helping neighbors in their time of need. That commitment to volunteering has long been a hallmark of life in Wyckoff.



Two of the Township's oldest and most vital organizations – the Wyckoff Volunteer Ambulance Corps and the Wyckoff Fire Department – are always seeking new members. To volunteer for the Fire Department, visit any firehouse on a Monday evening. To reach the Ambulance Corps call 201-848-0400.

The newest volunteer opportunity in Wyckoff is becoming a member of the Community Emergency Response Team. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize volunteers at a disaster site. For more information about this important new group call Police Lt. Charles Van Dyk at 201-891-2121.



Get involved. You'll be glad you did.

Plan Ahead, It's Vital

Know What to Do in Case of Emergency

It is important to make sure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together when these events take place and you should have plans for making sure you are able to contact and find one another.

The American Red Cross suggests some basic steps to make sure you remain safe:

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency

- Choose two places to meet: Right outside your home in case of a sudden emergency, and a location outside your neighborhood, in case you cannot return home or are asked to evacuate.
- Choose an out-of-area emergency con-

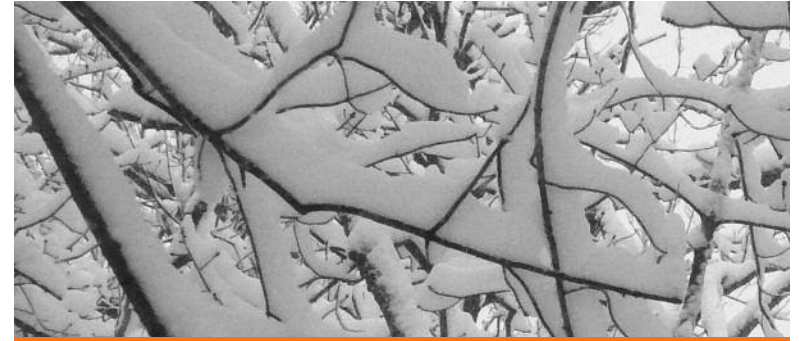
tact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or saved on their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross to let your family and friends know you are safe. You may also call 1-800-RED CROSS (1-800-733-2767) and select the prompt for "Disaster" to register yourself and your family; or you can register at RedCross.org.



Safe Ways to Deal With a Snowstorm While Driving

When storms occur listen to a local radio or television station or watch the Weather Channel on TV for updates on weather conditions. Keep a battery powered portable radio in working order and keep extra batteries handy. Also, have flashlights, battery powered lamps and extra batteries.

- Keep antifreeze in your cars radiator and carry a winter car kit that includes the following: a flashlight, a tow chain or rope, a shovel, a bag of sand or salt, extra mittens, gloves, hats, and boots, windshield scraper, blanket, and emergency flares.
- If a blizzard traps you in your car pull off the highway, stay calm and remain in your vehicle.
- Do not set out on foot. A building may seem close by but it may be too far away to walk in a deep snow.
- Set your hazard lights to the flashing position and hang a cloth and distress flag from the window or radio antenna.
- If you run your car engine to keep warm, open a window slightly for ventilation. This will protect you from potentially being poisoned by carbon monoxide.
- Keep snow cleared away from the exhaust pipe of your car and be careful not to use up battery power by balancing the use of your radio, heat and lights.
- In extreme cold weather, use road maps, seat covers, and floor mats for warmth. Use your coat as a blanket.

Join "CERT" and Help Out During the Next Emergency

When the duration of an emergency enters its second week, the need for more volunteers increases. Consider helping your community by volunteering to join CERT, Wyckoff's Community Emergency Response Team. This can include volunteering as a shelter aide or warming center aide, visiting folks with special needs and checking on older folks who may need assistance. Also, volunteers may be needed to assist transporting people with special needs to shelter areas, as well as assisting volunteers who deliver Meals on Wheels.

CERT – What is it?

The CERT program helps train people to be better prepared to respond to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims and organize spontaneous volunteers at a disaster site. CERT members can also help with the non-emergency projects that help improve the safety of the community. CERT is a nationwide initiative.

Wyckoff Emergency Management Coordinator, Police Lieutenant Charles Van Dyk is looking for residents who are interested in protecting themselves and their families during emergencies, and who want to become involved in planning and preparing for potential threats from natu-

ral disasters or acts of terrorism, to become part of the Township's Community Emergency Response Team.

What would CERTs do?

In an emergency, CERT members might assist with the evacuation of schools, help with shelter operations and the disbursement of medications during a bioterrorism incident, aid the Ambulance Corps during a mass casualty incident or help law enforcement with traffic control.

Are CERTs trained?

Absolutely. To be a volunteer CERT, one must attend and successfully complete a CERT training course. The Bergen



Join the Team!

County Law and Public Safety Complex located at 215 Campgaw Road, Mahwah, provides the training course. The course lasts eight successive evenings. The classes are usually held from 7 to 9 pm and there is no cost to those who attend this course.



Members of Wyckoff's Community Emergency Response Team meet periodically to discuss ways of improving the Township's emergency preparedness.

The course provides interested residents with basic training in first aid and what to do before, during and after a disaster. Training consists of about 16 hours of instruction provided by emergency responders, including firefighters and emergency medical and law enforcement personnel from the community. Topics will include disaster preparedness, fire suppression, medical operations, and psychology; light search and rescue operation; team organization and terrorism.

Participants will learn about the types of hazards most likely to affect their homes and communities, their role in an immediate response and how to identify and reduce potential fire hazards in their homes and workplaces. They will work as a team to apply basic fire suppression strategies; resources and safety measures to extinguish a burning liquid.

They will learn to apply techniques for opening airways, control bleeding and

treating shock. They will also employ basic treatments for various wounds and learn common techniques for searching a building and how to use safe techniques for debris removal and victim extrication.

Are there any requirements other than successfully completing the CERT training course?

Yes, to become a CERT member, a person must be at least 18 years of age and must possess a valid driver's license. Once the training course is successfully completed, CERT personnel will receive a certificate and a 'Ready Bag' that contains a helmet, reflective vest, gloves and a flashlight. If you are interested in attending, please contact Lt. Charles Van Dyk at 201-891-2121 or by emailing cvandyk@wyckoffpolice.org to obtain an application.

For more information about CERT: www.citizen Corps.gov/cert/index.shtm.

Pre-Disaster Planning Tip

Photocopy a list of important telephone numbers and place it in a waterproof container. Consider including numbers of family members, out-of-area emergency contacts, your insurance agent, and technicians who have worked on your home, such as electricians, plumbers, roofers and carpenters. It would also be wise to include your insurance policies for your home and any vehicles you own.

Stay Safe in a Thunderstorm

Thunderstorms can happen at any time. Severe thunderstorms can bring heavy rains, hail, high winds, lightning and local flooding. When severe thunderstorms threaten your area, listen to your local radio or TV station. These stations will provide updated information on the location, condition, and severity of the thunderstorm.

Get inside a home, large building or car (not a convertible). Do not use the telephone, except in emergencies. Do not use bathtubs, water faucets and sinks because metal pipes can conduct electricity.

A car offers some protection from

lightning, but can be a dangerous place to be during a flash flood or tornado.

If you are outside and there is no time to reach a safe building or car, follow these rules:

- Do not stand under a tall tree in an open area, on a hilltop, in an open field, or, on a beach.
- Get away from open water.
- Get away from tractors and other metal equipment and/or fences.
- Stay away from motorcycles, bicycles, golf carts, and scooters. Do not hold metal objects such as golf clubs.



Sheltering In-Place

Evacuation is not always the safest option in the event of a hazardous material or other type of emergency. Your home or workplace can be a safe haven from an emergency. But up-front preparations will help.

"Sheltering In-Place" or "Protecting In-Place" means staying inside your home or other building until emergency officials give an "all-clear" signal.

Sheltering In-place can be your safest option in some emergencies. Sheltering In-Place is most commonly used for hazardous material emergencies but can also be used during some storms and some police emergencies where evacuation and exposure to the outside can be life-threatening.

Sheltering In-Place preparations complement your other family emergency preparedness efforts.

Sheltering In-Place supplies . . .

- Battery-powered radio, flashlight, extra batteries, battery powered or cellular phone (if no phone in room)
- Snack foods, water or drinks, pet foods
- Plastic sheeting for windows, doors, air vents or other opening. You may want to pre-cut and label them.

- Rolls of duct tape for the plastic sheeting
- Towel for under the door
- First Aid Kit

Prepare your home before . . .

- Choose a room for a "safe-room." Ideally, the room has few windows, large enough to hold the number of people you wish and has access to water. A bedroom with an adjoining bath is a great place.
- Prepare window coverings: Windows should be sealed to prevent hazards from entering. Measure windows and skylights - cut plastic (adding 6" to the borders) to be placed over the windows. Label the sheets for each window.
- For a serious wind condition think about something heavier to guard against broken glass entering the room (wood, heavy cardboard, even a mattress).
- Prepare vent and door coverings: measure each air vent, door and any other opening leading outside the room. Cut, label and store plastic sheeting.
- Assemble Shelter In-place supplies: Your supplies should be stored in the pre-designated room. An under-the-bed box may work well or use a container that fits on a closet shelf or in a cabinet.

Operate Generators Safely

Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- Generators should be used in well ventilated locations outside, away from all doors, windows and vent openings.
- Never use a generator in an attached garage, even with the door open.
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building.
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is running.
- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

Please remember...

When plugging in appliances, make

sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts and tears and that the plug has all three prongs, especially a grounding pin.

If you decide to connect the generator to your home wiring to power appliances, have



a NJ licensed electrician install a properly rated transfer switch in accordance with the National Electrical Code and all applicable state and local electrical codes.

If you are installing a whole house generator or a transfer switch to operate a portable/permanent standby generator, you must obtain a permit from the Wyckoff Building Department. If you do not obtain a permit, the work is not inspected for safety and code compliance. The consequence could be an improper installation that can result in life threatening injury to an emergency responder or utility worker, as well as cause damage to your home and generator.

Emergency Preparedness Contact Numbers

In the event of an emergency dial 911

Wyckoff Police Department: 201-891-2121

Public information center during emergencies:
Town Hall, 340 Franklin Avenue – 201-891-7000
Visit Town Hall from 9:00 a.m. to 4:30 p.m.

Information is always available at wyckoff-nj.com and the Wyckoff, NJ Office of Emergency Management Facebook page

Utilities

When you experience a power outage, contact your utility company directly to report it. Orange and Rockland offers a mobile app that enables you to report outages and get status updates on your smart phone. Please have your account number when you contact your utility company.

PSE&G: 1-800-436-7734

Rockland Electric: 1-877-434-4100

Ridgewood Water Company: 201-670-5520

Town-wide **emergency only** day-time warming/cooling area:
Wyckoff Public Library, 200 Woodland Avenue, 201-891-4866

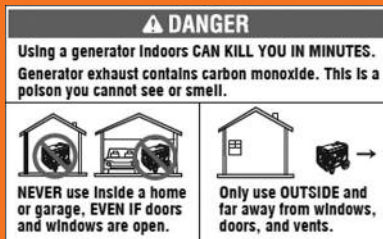
Personal Information

Family and friends' telephone numbers and addresses in the event that you need shelter

Veterinarian phone number and all medical information for your pet

Phone numbers of service providers such as plumbers, electricians, roofers, and tree services

Prior to any emergency situation, be sure to sign up for the Township's Reverse 911 service and register your email address at Wyckoff on the Web, www.wyckoff-nj.com



Keep Pets in Mind When Preparing for an Emergency

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan should include your pets.

BEFORE A DISASTER

Ask friends, relatives, or others outside your area if they could shelter your animals in the event of an emergency. If you have more than one pet, they may be more comfortable together; but be prepared to house them separately.

Contact hotels and motels outside your immediate area to check their policies on accepting pets and restrictions on number, size and species. Ask if “no pets” policies could be waived in an emergency. Keep a list of “pet friendly” places, including phone numbers, with other disaster information and supplies.

Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Include 24-hour phone numbers.

Include pet supplies as part of your family preparedness kit.

CREATE A DISASTER KIT FOR YOUR PET

In the event of an emergency you may have to leave your home quickly. Your pet relies on you to take care of him or her. Assemble this kit now.

- Medications and medical records in a water-proof container
- Sturdy leashes and/or carriers
- A three day supply of food and potable water with bowls
- A photo of your pet(s) in case they get lost

- Information on feeding times, medical and/or behavioral issues
- Litter and litter box for cats
- Pet beds and toys, if easily transportable

Make sure all dogs and cats are wearing collars that are securely fastened and have ID tags containing up-to-date information. Attach to the collar or tag the phone number of a friend or relative outside the area in case you must leave your home and become separated from your pet in an emergency.



DURING A DISASTER

Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away.

Never leave a pet outside or tied up during a storm!

If you have no alternative but to leave your pet at home, there are some precautions you must take; but remember that leaving your pet at home alone can place your animal in danger. Confine your pet to a safe area inside. Place a notice outside somewhere visible advising there are pets in the house and where they are located. Provide a phone number where you or a contact can be reached, as well as the name and phone number of your vet.

AFTER A DISASTER

In the first few days after a disaster, keep your pets on a leash when they go outside. Familiar scents and landmarks may be altered and your pet may become confused and lost.

Keeping Your Cool During a Heat Wave

Heat can affect anyone. However, it is more likely to affect children, elderly people and people with health problems. For instance, people with a medical condition that causes poor blood circulation and those who take medication to eliminate water from the body (diuretics) or for certain skin conditions may be more susceptible to heat. Consult with a physician if you have any questions about how your medication may affect your ability to tolerate heat.

- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- **Drink plenty of water** or other non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids, even if you don't feel thirsty.
- **Do not drink alcoholic beverages.**
- **Do not take salt tablets** unless specified by a physician. Persons on salt restrictive diets should consult a physician before increasing their salt intake.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner spend some time each day during hot weather in an air conditioned environment to afford some protection.
- **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.

Are You Ready?

Hurricane Preparedness Checklist

As the earth's temperature increases, forecasters are predicting more storms like Hurricane Irene and Hurricane Sandy. Are you ready? Here are the basic items the Federal Emergency Management Agency and the Red Cross recommend for a basic disaster supply kit:

- Prescription medications, glasses, hearing aids (with batteries)
- Water (one gallon per person per day for three days)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio (pictured at right); a National Oceanic and Atmospheric Administration Weather Radio, if possible
- First aid kit
- Flashlight and extra batteries
- Cash or travelers' checks
- Dust masks, plastic sheeting, duct tape
- A wrench or pliers to turn off utilities
- Cell phone and tablet PC's with chargers
- Whistle to signal for help
- Manual can opener/multi-purpose tool
- Soap, personal hygiene items, towelettes, plastic bags
- Blankets
- Local maps (needed if phone service is down)
- Medication lists and copies of personal documents (passports, deed, insurance policies, proof of address)
- Pen and paper
- Emergency phone numbers



Be prepared before the next big storm arrives—if you wait until after the weather starts to get bad, it will be too late. For more information, please see: www.ready.gov/basic-disaster-supplies-kit



A Pre-Hurricane To-Do List

Prepare your home/property

- Secure or store items in your yard, including lawn furniture and grills
- Trim dead or threatening branches from trees
- Secure windows with storm shutters or cover securely with plywood
- Clean out gutters

Don't forget

- Fill your vehicle with gas before the inclement weather begins
- Know how to turn off your home's gas, electricity and water
- Check generator to assure proper operation and make sure you have enough fuel on hand

What Are The Steps In Restoring Electrical Power?

Blizzards, ice storms and tornadoes...we have seen them all in recent years. And with such severe weather events come power outages. Restoring power after a major outage involves much more than simply throwing a switch or removing a tree from a line. The main goal is to restore power safely to the greatest number of customers in the shortest time possible.

The Steps Your Electrical Utility Takes to Restore Power

Step 1: Transmission towers and lines supply power to one or more transmission substations. Tens of thousands of people could be served by one high-voltage transmission line, so if there is damage here it gets attention first.

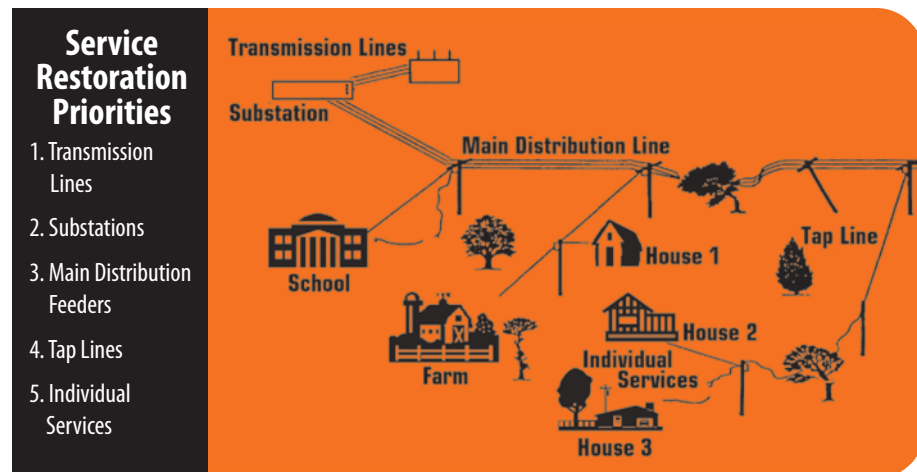
Step 2: Next are the local distribution substations, each serving thousands of customers. When a major outage occurs, the local distribution substations are checked first.

Step 3: Main distribution supply lines are checked next. These supply lines carry electricity from the substation to a particular area of the Township.

Step 4: The final supply lines, called tap lines, carry power to the utility poles or underground transformers outside houses or other buildings.

Step 5: Sometimes damage will occur on the service line between the transformer on a nearby pole and your house. This can explain why you have no power when your neighbor does.

Farmers Electric Cooperative



A downed power line can be very dangerous. It could cause serious injury or death.

- NEVER touch a downed power line! And never touch a person or object that is touching a power line.
- Assume all downed lines are power lines that are energized and deadly.
- Downed power lines that are de-energized could become energized at any time.
- A live wire touching the ground can cause electricity to travel through the ground, radiating outward from the contact point.
- If someone is injured as a result of electric contact, call 911 immediately. Do not touch or move the victim...you could be injured or killed.
- If a power line falls across your vehicle while you are in it, stay inside your vehicle until help arrives. Warn others to stay away from the vehicle and do not make contact with metal parts in the vehicle.
- If your vehicle is on fire and you must exit, jump so that no part of your body is touching the car when your feet touch the ground. Keeping both feet together, hop away from the car. Separating your feet can create two contact points with the ground and can result in a shock if the ground is energized by a fallen wire.
- Fallen trees and branches cannot be moved until the power company de-energizes any nearby downed power lines.

Wyckoff's Emergency Preparedness Team



In the Event of An Evacuation

If it becomes necessary to evacuate an area to separate you from a hazard, you will be informed by an announcement on your Emergency Alert System (EAS) radio station. In the New York area those stations include: WABC-AM 770, WCBS-AM 880, WFAN-AM 660, and WQXR-FM 96.3 on the radio and, WCBS-TV CH 2; WNBC-TV CH 4; and WABC-TV CH 7.

The message, and other news reports, will include any special instructions for a particular situation. If you are advised to evacuate follow instructions promptly and carefully. Remain calm, you will have ample time to leave.

- Ignore all rumors. Stay tuned to an EAS station for official instructions.
- Gather the items you would need for a three-day visit, including: clothing, blankets or sleeping bags, prescription medicines, if needed, personal items like shaving kits, soap and cosmetics, formula and other needs for infants and children, your checkbook, credit cards and important papers, a portable radio, flashlight and batteries, your phone book.
- Offer a ride to anyone you know who may not have a car. Close the windows and air vents of your car, and do not operate the air conditioner until you have left the emergency area.
- Follow the recommended evacuation routes. Shortcuts may be blocked.
- Families going to the home of a friend or relative outside the emergency planning zone should have a pre-designated meeting place and message center.
- DO NOT enter areas in which people have been told to stay indoors or evacuate until you have heard an EAS message that states all is clear and emergency workers have removed roadblocks.



The Township's Office of Emergency Management team meets periodically to review Wyckoff's level of emergency preparedness and to discuss better ways of responding before, during and after an emergency. The group urges residents to get involved in this vital effort by volunteering for the Township's Community Emergency Response Team (CERT). For information about joining, contact CERT Coordinator Police Lt. Charles Van Dyk at 201-891-2121.

Preparedness for Seniors

The Importance of a Personal Support Network

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

There are seven important items to discuss and implement with a personal support network:

1. Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
2. Exchange important keys.
3. Show them where you keep emergency supplies.
4. Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
5. Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.
6. You and your personal support network should always notify each other when you are going out of town and when you will return.
7. The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency. You might take responsibility for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR. Sex: M F

Name: _____
Address: _____
Doctor: _____ Phone #: _____
Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____
Address: _____
Name: _____ Phone #: _____

Senior citizens and those with special needs are encouraged to take advantage of the **File of Life** program administered by the Wyckoff Ambulance Corps. The File of Life forms, which are available at the Tax Collectors office and the Wyckoff Police station, allow participants to list information about their medical condition that would assist EMTs responding in the even of an emergency. The File of Life form is then inserted in the provided plastic pouch and placed on the refrigerator via the pouch's magnetic strip. First responders can then review this valuable information, which can be very helpful in determining their course of action.

Corps Offers Courses

The Wyckoff Ambulance Corps also offers CPR and first aid courses for residents who want to learn these life saving techniques. You can find information about upcoming courses, and sign up directly on-line, by visiting the Corps' website at wyckoffambulance.org. The Corps offers courses ranging from the basic introductory level of CPR to more sophisticated courses for healthcare professionals. You can also obtain information by calling 201-848-0400.

Preparing for Fire Emergencies

- Plan two escape routes out of each room and practice fire drills at least twice a year. Teach family members to stay low to the ground when escaping from a fire and to never open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month and change batteries at least once a year.
- Keep a whistle in each bedroom to awaken your household in case of fire, and, check your electrical outlets to ensure they are not overloaded.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type). Have a collapsible ladder on each upper floor of your house, and consider installing a home sprinkler system.

Pre-Disaster Planning Tip

Be pro-active and contract with a certified tree expert or arborist for the purpose of removing any dead or dying tree limbs or branches that may be overhanging your home.



Helping Children Deal With An Emergency

Disasters strike quickly and without warning. They are frightening for adults, and can be traumatic for children, especially if they don't know what to do. During a disaster, your family may have to leave your home and depart from your daily routine. Children may become anxious, confused, or frightened. It is important to give children guidance that will help them reduce their fears.

Children and Their Response to Disaster

Children depend on daily routines. They wake up, eat breakfast, go to school, play with friends. When emergencies or disasters interrupt this routine, many children may become anxious.

In a disaster, they'll look to you and other adults for help. How you react to an emergency gives them clues on how to act. If you react with alarm, your child may become more scared. They see your fear as proof that the danger is real. If you seem overcome with a sense of loss, your child may feel their losses more strongly.

Children's fears may also arise from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable.

Feelings of fear are healthy and natural for both adults and children. But as an adult, you need to keep control of the situation. When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child what's uppermost in his or her mind. Having children participate in the family's recovery activities will help them feel that their life will soon return to "normal." Your response during this time may have a lasting impact.



Wyckoff's Office of Emergency Management Leadership Team meets regularly to discuss emergency preparedness planning in the Township. They are, pictured from the left, Police Sgt. Brian Zivkovich, Deputy OEM Coordinator; Ptl. Kyle Ferreira, Deputy OEM Coordinator; Lt. Charles Van Dyk, OEM Coordinator; Police Chief Benjamin C. Fox; Township Administrator Robert J. Shannon, Jr.; and Lt. David Murphy, Deputy OEM Coordinator.

Survey Helps the OEM Help You

The Wyckoff Office of Emergency Management (OEM) asks residents with special needs to fill out a simple survey that will help them assist you during an emergency. The OEM, with assistance from the Wyckoff Board of Health, volunteer Ambulance Corps and Community Emergency Response Team, will be able to check on residents who complete the survey. If you have previously completed this survey there is no need to re-submit.

You can obtain a copy of the survey by going to the Township website – www.wyckoff-nj.com – then go to the Online Forms button in the left sidebar. When the popup window appears, scroll down to the Police Department links and click on "Individuals with Special Health Needs." Or you can call the Township Clerk at 201-891-7000 ext. 101 to request one and it will be mailed to you.

TOWNSHIP OF WYCKOFF SURVEY	
Individuals with Special Health Needs	
<small>Please help us help you by completing the survey below which can be returned via mail to the Wyckoff Police Department, 344 Franklin Avenue, Wyckoff, NJ 07474 or by delivering the completed survey to Police Headquarters.</small>	
NAME: _____	PHONE NUMBER (do not use): _____
PLEASE PRINT	APT. # _____
ADDRESS: _____	
EMERGENCY CONTACT: _____	
PLEASE PRINT NAME	PHONE NUMBER
MEDICAL INFORMATION:	
___ Person requiring oxygen	___ On stretcher ___ needs other _____
___ Person with limited mobility	___ wheelchair ___ walker ___ confined to bed
___ Person with incontinence issue	___ Alzheimer's/dementia
Other special medical conditions: _____	
DEVELOPMENTAL:	
___ Autistic	___ Cognitively Challenged
Other (please describe condition): _____	
<small>The undersigned agrees that the above information may be disclosed to personnel of the Township of Wyckoff Police Department and the Wyckoff Volunteer Fire Department and the Wyckoff Volunteer Ambulance Corps. Such information shall be kept confidential and will be properly protected and not only be made available, as necessary, to emergency services personnel.</small>	
FIRST NAME: _____	SIGNATURE: _____
Date: _____	Email: _____
	Cell phone: _____

Pre-Disaster Planning Tips

- Perform regular backup on all the household computers.
- Top off the gas tank of all the family vehicles; and, if you have a generator, make sure you have adequate fuel.
- Learn how to quickly shut down all the utilities to your home.

Attention Wyckoff Residents

Be Storm Informed

It is requested that residents "Sign up for E-news" on the home page of the Township website – www.wyckoff-nj.com – to receive notices of road closings/detours, emergency communications during storms, recreation program sign ups, changes in recycling pick-ups due to holidays, tax payment reminders and other useful and timely public information.



It is also important that Wyckoff residents register their cell phone numbers on the home page of www.wyckoff-nj.com at the Reverse 911 telephone symbol to receive telephone calls with emergency information.



Sign up to receive text messages from the Wyckoff Police Department on the home page of www.wyckoff-nj.com at the Nixle Text Message symbol.

If you are a facebook user, click on Wyckoff, NJ Office of Emergency Management and "Like the page" to receive emergency storm information from the Wyckoff Police Department.



Township Offers Warming/Cooling Centers

In addition to serving as the Township's public information center during a community emergency, Town Hall is also available as a warming/cooling center in the event of a widespread power outage. Also available for use as warming/cooling centers are the Wyckoff Public Library, 200 Woodland Avenue (201-891-4866); and the Wyckoff Family YMCA (201-891-2081). However, those two facilities do not have generators so they may be impacted if there is a power outage in those areas of town.

In the event of an extended power outage after a major storm, the Township also reaches out to other local community partners, such as houses of worship, to offer similar services. Residents can keep track of developments in the ways detailed in the article at the left. Be sure to sign up for these services before a major storm. It will be too late once the weather gets bad.



Know Important Information to Stay Safe

Learn the types of disasters or emergencies that may likely occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Learn to distinguish between different weather alerts such as watches and warnings and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have

moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.

- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed.