



# Family Preparedness

Be sure each family member has completed this card and keeps it in a wallet, backpack, etc.

## Important Numbers



\_\_\_\_\_  
(Cell) \_\_\_\_\_

\_\_\_\_\_  
(Home) \_\_\_\_\_



\_\_\_\_\_  
(Cell) \_\_\_\_\_

\_\_\_\_\_  
(School) \_\_\_\_\_



\_\_\_\_\_  
(Cell) \_\_\_\_\_

\_\_\_\_\_  
(School) \_\_\_\_\_

## > NEIGHBORHOOD MEETING PLACE:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## > KNOW YOU AND YOUR FAMILY'S ALLERGIES AND MEDICATIONS/DOSAGE:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# ARE YOU PREPARED?

Planning for emergencies is a family affair. Include all family members in the preparation. The more you do now, the more confident you will be that you can protect yourself, your family and your home in an emergency.

- Make an emergency supply kit.
- Have an emergency plan.
- Be informed – sign up for your local emergency alerting system.

## INFECTION PREVENTION

Prevent the spread of infections and infectious diseases, such as the flu and coronaviruses, by:

Staying home when you are sick, resting and drinking liquids.



Coughing and sneezing into your elbow or with a tissue (not your hands).



Washing your hands with soap and hot water.



Getting vaccinated.



## ACTIVE SHOOTER

### Before

- Be informed and make a plan.

### During

- Run and escape, if possible.
- Hide if escape is not possible.
- Fight as an absolute last resort.

For more information, visit:

- [www.njhomelandsecurity.gov](http://www.njhomelandsecurity.gov)
- [www.fbi.gov](http://www.fbi.gov)
- [www.ready.gov](http://www.ready.gov)

## Websites of Interest

- New Jersey Department of Health (NJDOH): [www.nj.gov/health](http://www.nj.gov/health)
- NJDOH Office of Disaster Resilience: [www.state.nj.us/health/er](http://www.state.nj.us/health/er)
- Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)
- Federal Emergency Management Agency (FEMA): [www.fema.gov](http://www.fema.gov)
- Food and Drug Administration (FDA): [www.fda.gov](http://www.fda.gov)