



## EMERGENCY PREPAREDNESS

### FLOODWATERS 1



**CAPTION:** Floodwaters can be contaminated with germs that cause illnesses. Your local health department ([health.ny.gov/EnvironmentalContacts](https://health.ny.gov/EnvironmentalContacts)) will issue advisories if your public water supply cannot be used for drinking and preparing food. Also check social media, TV and radio for updates. More tips: [health.ny.gov/environmental/emergency/flood/](https://health.ny.gov/environmental/emergency/flood/)

### FLOODWATERS 2



#### FACEBOOK/INSTAGRAM

**CAPTION:** Follow these tips during flooding: Decide if it is safer to stay home or evacuate based on recommendations from authorities. If there is time, relocate movable appliances and furnishings to upper floors, in addition to important documents, electronics, medicines, food, water, and tools. Never enter a flooded basement before shutting off electric services. [health.ny.gov/environmental/emergency/flood/](https://health.ny.gov/environmental/emergency/flood/)

#### TWITTER

Follow these tips during flooding: Listen for recommendations from authorities. If there is time, relocate movable appliances and furnishings to upper floors, in addition to important documents, electronics, medicines, food, water, and tools. [health.ny.gov/environmental/emergency/flood/](https://health.ny.gov/environmental/emergency/flood/)



### EMERGENCY SUPPLY KIT 3



#### FACEBOOK/INSTAGRAM

**CAPTION:** An emergency supply kit should include food and bottled water for up to 7 days, a battery powered or hand crank radio, first aid kit, prescription medicines and srips, tools, contact information and more. If you have an emergency supply kit, check that it is in good condition and that contact information is up to day. See a checklist for what your family may need in an emergency: [health.ny.gov/environmental/emergency/flood/docs/checklists.pdf](http://health.ny.gov/environmental/emergency/flood/docs/checklists.pdf)

#### TWITTER

**CAPTION:** An emergency supply kit should include food and bottled water for up to 7 days, first aid kit, contact information and more. If you have an emergency supply kit, check that it is in good condition and that contact information is up to date. Learn more: [health.ny.gov/environmental/emergency/flood/docs/checklists.pdf](http://health.ny.gov/environmental/emergency/flood/docs/checklists.pdf)

### PREPARE FOR AN EMERGENCY 4



#### FACEBOOK/INSTAGRAM

**CAPTION:** Do you have an emergency plan? If you need one, start creating your plan with these simple steps. Know where to get news and weather updates and reunite with family if you become separated. If you need to evacuate to a shelter, pack a bag for each family member to last a few days. Take extra clothing, a blanket, medicines, water bottle, special items for babies and seniors, and personal identifications. If you can stay home, ensure you have stocked extra food, paper goods, batteries, water, and that phones, laptops and devices and their energy banks are fully charged. Find more tips: [health.ny.gov/environmental/emergency/families\\_individuals\\_caregivers/aware\\_prepare\\_info.htm](http://health.ny.gov/environmental/emergency/families_individuals_caregivers/aware_prepare_info.htm)



## **TWITTER**

**CAPTION:** Do you have an emergency plan if you must evacuate your home or if you are forced to remain in your home? If you need one, start creating your plan today with these simple steps:

[health.ny.gov/environmental/emergency/families\\_individuals\\_caregivers/aware\\_prepare\\_info.htm](https://health.ny.gov/environmental/emergency/families_individuals_caregivers/aware_prepare_info.htm)

## **HELPING CHILDREN DEAL WITH TRAGEDY 5**



health.ny.gov | NEW YORK STATE Department of Health

## **FACEBOOK/INSTAGRAM**

**CAPTION:** Children can be frightened by real-life violence and terrors they see on their televisions, phones, and other screen devices. Here are ideas to help kids feel safer and less stressed.

- Ask them **what they** have already heard about the event. Ask if they have questions.
- Share basic information, not the details.
- For younger children, **turn off** the TV, radio, and **computer or tablet**.
- For older children, **watch a news report** with them and help them to understand it.

Find more information: [health.ny.gov/environmental/emergency/tragic\\_events/](https://health.ny.gov/environmental/emergency/tragic_events/)

## **TWITTER**

**CAPTION:** Children can be **frightened** by the real-life violence and terrors they see on their televisions, phones, and other screen devices. Here are ideas to help **children** feel safer and less stressed:

[health.ny.gov/environmental/emergency/tragic\\_events/](https://health.ny.gov/environmental/emergency/tragic_events/)