

# How to Prepare for Emergencies Before a Disaster Occurs

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*In Concert with:*

The Stafford Township Office of Emergency Management

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# Foreword

*A short while ago one of our residents asked me if we had an evacuation plan, my answer was no but that we would start working on a plan for Fawn Lakes. It does take a while to develop such a plan, and this preliminary version on our website will be enhanced over time. In the future, there will be expansions of certain topics and additions of new ones. Hopefully, the type of information we provide will be helpful when faced with emergencies and also help you become better prepared. We intend this plan will be both one to deal with emergencies and one that will help you feel more secure on a daily basis.*

*Stafford Township has a lot of information available on their website, and their administration continues to produce information that can make your life safer. The town is promoting “hearing” services, material about walk in tubs and Life Alert Personal Emergency Response devices at this time. Information is available on the Stafford County website. A link to their website appears as a button on the bottom of the Fawn Lakes website Home Page. Simply click on the button and you will be redirected to the Stafford County website. Additionally, our local fire department offers seminars as do our local EMT teams.*

*We hope that our plan will be a good starting point and that you continue to review it as we enhance and improve the content.*

*Sincerely, Robert Sylvia – Safety Director, Fawn Lakes Community Association*

# Get Informed

- Identify a disaster that can happen in your community.
  - Learn about your community's response plan.
  - Sign up for alerts and warnings:
    - Code Red—Sign up online through the Stafford Township website:  
<https://www.staffordnj.gov/501/Resident-Notification-System>
- OR*
- Text the word **STAFFORD** to **99411** to obtain the mobile-friendly sign-up form

## Assess Your Needs

- Understand how your medical, physical, and cognitive needs may affect your ability to respond to a disaster or emergency.
- Think about how you would respond.
- Consider your needs if...
  - you had to stay home for two or more weeks.
  - the power went out.
  - you had to evacuate your community.
- Talk about the help you may need and who can assist.
- How would you notify your family and loved ones?
- Remember your pet needs, too!
  - Leash, collar, & ID tag
  - Food, water, & bowls
  - Medicine
  - Vet name and phone number
  - Carrier
  - Blanket, toy, or comfort item

# Build Your Support Network

- Identify helpers within your community.
- Include friends, neighbors, and caregivers to build your network of people who may be able to assist you.
- Meet with your helpers periodically to update your needs if they change.
- Plan how you will communicate with others: phone, email, text, etc.

## Gather Your Supplies

- **Get basic emergency supplies**—Use a checklist to prepare what you will need in your home or car in the event of an evacuation.
- **Manage medical and personal needs** - Keep at least 30 days of medications and extra assistive items such as canes, hearing aids, or eyeglasses. Plan for your food needs if you have a special diet.
- **Get batteries**—Always have extra batteries and flashlights on hand in the event of a power failure.
- **Have a medical list**—Keep an updated list of medications, allergies, doctors, and copies of medical and prescription cards.

# Make a Go Bag

Make a checklist of things to grab and GO!

- Bottle or two of water
- Medications
- Identification
- List of emergency contacts
- List of emergency shelters
- List of current medications, pharmacies, and doctors
- Snacks
- Flashlight and batteries
- Small first aid kit
- Cellphone and charger
- Extra cash
- Copies of important documents
- Maps of the area (check your phone apps, Google Maps, etc.)
- Extra sets of keys
- Remember your pets' needs, too!

# Local Emergency Broadcast Stations

**Always stay tuned to local radio/TV stations for updates.**

- Radio
  - 90.7 FM WYRS
  - 92.7 FM WOBM
  - 98.5 FM WBBO
  - 99.7 FM WBHX
  - 100.1 FM WJRZ
  - 107.1 FM WWZY
- TV
  - Comcast (Xfinity) Cable
  - Monmouth Cable Vision
- Internet
  - Stafford Township: <https://www.staffordnj.gov/>
  - Fawn Lakes Facebook Groups

# Evacuation Shelters

- Current Evacuation Shelters for Stafford Township:
  - Southern Regional High School, Buildings 11-12
- In case power is lost, the Fawn Lakes Clubhouse is available and has a generator.
- Remember, not all shelters allow pets.

## Additional Suggestions Provided by The Ocean County Sheriff's Office

In Ocean County, there are several reasons why you may need to evacuate. These include, but are not limited to, the following:

- Hurricane
- Flood
- Earthquake
- Blizzard/Winter Storm
- Fire
- Tornado
- Transportation Accident
- Chemical Facility Accidents

# Weather Terms

- If a weather storm **WATCH** is announced, storm conditions are a real possibility and might threaten the county.
- If a weather storm **WARNING** is announced, storm conditions are occurring or are imminent.

# What To Do

## **Always:**

- Keep a full tank of gas in your car if an evacuation seems likely. Gas Stations may be closed or crowded during an evacuation.
- Make travel arrangements with friends or local government prior to an evacuation if you do not own a car.
- Leave when instructed to avoid being caught in severe weather.
- Follow the recommended evacuation routes, as shortcuts may be blocked.

## **If Time Permits:**

- Gather your disaster supply kit.
- Secure your home by locking all windows and doors as well as unplugging electrical equipment and small appliances.

***PLEASE...***

**Update your information as your needs change.**

**Conduct practice drills.**

**HELP US HELP YOU!**