

**Dutchess County  
Executive  
Marcus J. Molinaro**

**says:**

**Be AWARE!**

**Be PREPARED!**

**Learn MORE!**

[www.dutchessny.gov](http://www.dutchessny.gov)  
[www.nyhealth.gov](http://www.nyhealth.gov)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)



**AWARE  
PREPARE**

KNOWLEDGE IS POWER.

# Help Your Family in an Emergency or Disease Outbreak

## Know what has happened and what to do!



Stay informed



Know who to call for help



Know what to do if someone is hurt or sick

## Have these ready:



Flashlight with batteries



First aid kit



Lots of water



2-week supply of ready-to-eat food



Matches



Cash

## Items to keep in your home for emergency use:

### Food and water

Keep a supply of canned and dried food and fresh water on hand, enough for several days. There may be disruptions in some basic utility services such as electricity and water. Grocery stores may not be able to open.

### Items for personal comfort

You may wish to have extra items on hand to make your time at home more comfortable such as soap, shampoo, toothpaste, toilet paper, cleaners and activities for children.

### Cash

Make sure to have some cash on hand. If there are power outages, ATMs will not work.

### Pets

Don't forget your pets. Make sure you have enough food and water for them and other necessities like extra litter.

### Phone

If there are disruptions to power, you will need a standard "wired" phone - one that does not run on power from an electrical outlet. Cordless phones will not operate when the power is out. Cellular phones may work if cellular towers are functioning and cellular phone battery is charged.

### Medications

If you must take medications on a regular basis, be sure to have enough of a supply to last for several days.

### Large trash bags

Garbage service may be disrupted or postponed. Have bags on hand to store garbage safely.

*We encourage residents to stock at least a two-week supply, preferably a three-week supply, of essential household items. For more information on how you can prepare, please visit our County government website at [www.dutchessny.gov](http://www.dutchessny.gov) - Also, look for our ad next week which will have a list of "Items to have on hand for an extended stay at home."*

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## Items to have on hand for an extended stay at home:

### Food and Non-perishables

- Pet food
- Crackers and Cereal
- Canned, boxed, bottled juices
- Canned or jarred baby food and formula
- Canned meats, fruits, vegetables and soups
- Bottled water (1 to 2 gallons per person per day)
- Peanut butter, nuts, dried fruit, protein/fruit/granola bars

### Medical, Health & Emergency Supplies

- First Aid Kit
- Thermometer
- Portable radio
- Flashlight & batteries
- Garbage bags
- Bleach, Lysol, etc.
- Disposable gloves
- Manual can opener
- Scissors, tweezers, and safety pins
- Vitamins and Anti-diarrhea medication
- Bandages and gauze pads/adhesive tape
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Tissues, toilet paper, disposable diapers, feminine products
- Prescribed medications and medical supplies such as glucose and blood pressure monitoring equipment

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