

ARE YOU READY?



The Bergen County Department of Health Services
and
The Bergen County Office of Emergency Management
are reminding you to

Build a Kit

To prepare yourself, your family, your home, your business, and
your community for an emergency.

September is National Preparedness Month

Visit

<http://www.ready.gov>

Click on 'BUILD A KIT'

BE INFORMED
MAKE A PLAN
BUILD A KIT

GET INVOLVED!



This is a message from the Planning Division of the Bergen County Department of Health Services
Bergen County Executive Kathleen A. Donovan and the Bergen County Board of Chosen Freeholders

<http://www.bergenhealth.org>

<http://www.bcoem.org/>



Shelter-in-Place Fact Sheet

What does Shelter-in-Place mean?

- Shelter-in-place means to take immediate shelter wherever you are - for example at home, school or work.
 - Go to an interior room with no or few windows.
 - Take steps to prevent outside air from getting into the room.

Why would I be told to Shelter-in-Place?

- Natural or accidental release of harmful radiological, biological or chemical contaminants into the air, such as a gas leak or chemical spill.
- Deliberate man-made release of harmful radiological, biological or chemical contaminants into the air, such as a nuclear attack.

How would I find out if I have to Shelter-in-Place?

- Police or fire department warning procedures such as:
 - Reverse 9-1-1 systems.
 - Outdoor warning sirens or horns.
- Local health department hotlines and websites.
- Emergency Alert System broadcasts on radio or television.
- News media sources such as radio, cable and television.

How can I prepare to shelter-in-place?

For detailed information check the following websites:

<http://www.redcross.org>,

<http://emergency.cdc.gov>

<http://www.ready.gov>,

www.bergenhealth.org,

www.nj.state.gov, or call the Bergen County Information Line at (201-225-7000) or your local municipality, health department or board of health.