

ARE YOU?



Borough of Montvale
New Jersey
Phone: 201-391-5700 | Fax: 201-391-9317
12 Mercedes Drive – Montvale, NJ 07645

MONTVALE READY



Prepare now so you and your family can be ready when the next emergency happens.

1 Be Informed

- Borough of Montvale: www.montvale.org
- Montvale 911: www.montvale.org/s911
- Bergen County OEM: www.bcoem.org
- NJ OEM: www.nj.gov/njoem
- FEMA: www.ready.gov
- National Weather Service: www.weather.gov/okx

2 Make a Plan

- Develop a Family Emergency Plan: ready.gov
- Create a plan to shelter-in-place
- Create a plan to evacuate
- In case of flooding, have a plan to move your car
- Have a plan for pets

3 Build a Kit

Top 10 Recommended Items

- WATER**
1 gallon per person per day for drinking and sanitation
- FOOD**
At least a three day supply of non perishable food
- AM/FM/NOAA RADIO**
Battery & hand crank power with USB phone charger
- LED FLASHLIGHT**
- LED LANTERN**
- EXTRA BATTERIES** for 3 days for radio, flashlight and lantern
- FIRST AID KIT**
- SANITARY WATER JUG** - 2.5 gallon
- WHISTLE**
- MANUAL CAN OPENER**

- N95 dust mask
- Plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties
- Prescription medications and glasses
- Wrench or pliers to turn off utilities
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or Travelers Cheque and change
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Paper cups, plates and utensils, paper towels
- Paper and pencil
- Fire extinguisher
- Books, games, puzzles for children
- Important family documents: copies of insurance policies, identification & bank account records in a waterproof, portable container.
- For each person: Sleeping bag or warm blanket, long sleeved shirt, pants, sturdy shoes, and coat.
- Household chlorine bleach and medicine dropper. Dilute nine parts water to one part bleach to use as disinfectant. In an emergency, treat 1 gallon of water with 16 drops of bleach. Do not use scented, color safe or bleaches with added cleaners.
- Emergency reference material such as a first aid book or information from ready.gov

Consider building two kits: 1) everything you will need to stay where you are and make it on your own. 2) a lightweight, smaller version you can take with you if you have to evacuate.

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The information and suggestions listed herein are not all inclusive, and there is no guarantee that any particular action will be successful under all circumstances. This notice is intended to help with emergency preparedness. It offers no guarantees and warrants no particular outcomes under any circumstances.