



300 North Ave East, Westfield, NJ 07090

Emergency Preparedness Websites

EDEN – Extension Disaster Education Network provides many useful publication and links for families, schools and communities.

<http://www.eden.lsu.edu/npm/default.aspx>

LINCS—Union County Local Information Network and Communication System

<http://www.unioncountynj.org/lincs/index.htm> The Union County LINCS agency is a county wide *Local Information Communication System* that supports interactive reporting, health data analysis, and the dissemination of public health information to local health departments, health care providers, emergency responders and the state Department of Health and Senior Services. UC LINCS coordinates public health assessments, disease and hazardous condition identification, and rapidly responds to incidents that threaten health.

Preparing a Plan

Family Disaster Plan

Ready America - www.ready.gov/america/family_plan.html

Red Cross – “Preparing for Disaster”

www.redcross.org/services/disaster/0,1082,0_601_,00.html

Family Communications Plan

Ready America - www.ready.gov/america/makeaplan/index.html

Emergency Financial First Aid Kit

www.hopecoalitionamerica.org/

Disaster Supplies Kit

FEMA -- www.fema.gov/areyouready/assemble_disaster_supplies_kit.shtm

Ready America -- www.ready.gov/america/getakit/index.html

Work and School Disaster Plans

Ready America - www.ready.gov/america/makeaplan/work_school.html

Business Disaster Planning

Ready Business - www.ready.gov/business

Ready Business Course - www.EDEN.Isu.edu/LearningOps/ReadyBusiness

Understanding Your Home and Community

Getting involved in community preparedness

Local Citizen Corps - www.citizencorps.gov/

Volunteer Organizations Active in Disaster (VOADS) - www.nvoad.org

Office of Emergency Management and /or Homeland Security

Links to state emergency management and homeland security Web sites are provided on the EDEN state pages; use the state drop-box and look for links to "State Regulatory Agencies" on the state page. Local and state contact information can be obtained from your county or NJ office of emergency management/homeland security.

Who To Contact For:

Warning Systems and Evacuation Routes in Your Community

Office of Emergency Management/Homeland Security

Shelter Locations in Your Community

Local Red Cross Chapter - www.redcross.org/ (enter zip code)

Office of Emergency Management/Homeland Security

General Emergency Information:

Local Citizen Corps - www.citizencorps.gov/citizenCorps/allCouncilList.do

Local Red Cross Chapter - www.redcross.org/ (enter zip code)

Local Cooperative Extension Office – www.rce.rutgers.edu

National Cooperative Extension System Office - www.csrees.usda.gov/Extension/

Local Emergency Information:

Union County Office of Emergency Management/Homeland Security

<http://www.unioncountynj.org/oem/index.html>

Bio-terrorism Information

State of New Jersey Department of Health and Senior Services (NJDHSS)

<http://www.state.nj.us/health/er/index.html>

Center for Disease Control (CDC)

<http://www.bt.cdc.gov>

Center for Disease Control (CDC) en Español

<http://www.cdc.gov/spanish/bt/>

CDC Phone numbers regarding bio-terrorism:

English - (888) 246-2675 Español - (888) 246-2857

State of New Jersey Department of Health and Senior Services (NJDHSS)

NJDHSS Main Page

<http://www.state.nj.us/health/>

LINCS Page

<http://www.state.nj.us/health/lh/lincs/>

West Nile Virus Information @ NJDOH

<http://www.state.nj.us/health/cd/westnile/enceph.htm>

County Health Status Profiles

<http://www.state.nj.us/health/chs/>

Links to New Jersey, National and other Health Statistics

<http://www.state.nj.us/health/lh/lincs/hlthstat.htm>

New Jersey Department of Environmental Protection (NJDEP)

NJDEP Main Page (Click on Programs to get very detailed information by program)

<http://www.state.nj.us/dep/>

NJDEP Air Monitoring - includes real time air monitoring data for Hudson County

<http://www.state.nj.us/dep/airmon/>

New Jersey Domestic Security Preparedness Task Force (NJDSPTF)

NJDSPTF A Citizens' Guide to Planning for Public Health Emergencies: Ready Together New Jersey

http://www.state.nj.us/health/er/documents/citizens_guide.pdf

United States Environmental Protection Agency (EPA)

EPA MAIN Site - a wealth of information on more topics than you can imagine

<http://www.epa.gov/>

EPA Kids Site

<http://www.epa.gov/kids/>

Illegal pesticide - If you know of this being used in Hudson County, please contact us.

<http://www.epa.gov/region02/health/chalk.htm>

Centers for Disease Control (CDC)

CDC Health Information

<http://www.cdc.gov/health/diseases.htm>

CDC Tobacco information in Spanish

<http://www.cdc.gov/spanish/tabaco/hispanic.htm>

CDC Main Spanish Language Site
<http://www.cdc.gov/spanish/default.htm>

United States Government avian and pandemic flu information

U.S. Government flu information
<http://www.pandemicflu.gov/>

National Strategy for Pandemic Influenza Implementation Plan
http://www.whitehouse.gov/homeland/nspi_implementation.pdf

Advancing the Nation's Preparedness for Pandemic Influenza
<http://www.whitehouse.gov/news/releases/2006>

Preparation

Are You Ready: Recovering from Disaster
http://www.fema.gov/pdf/areyouready/recovering_from_disaster.pdf

CYFERnet April Hot Topic – Ready or Not? - Emergency Preparedness
<http://www.cyfernet.org/hottopic/april06.html>

Disaster Supplies Kit
http://www.redcross.org/preparedness/cdc_english/dskit.asp

Disaster Supply Kit—New York City
http://www.ces.ncsu.edu/depts/fcs/human/disaster/NYC_prep_kit.pdf

Emergency Supply Kit
<http://www.ready.gov/america/index.html>

Family Communications Plan
http://www.ready.gov/america/family_plan.html

Getting Out of Our Funk
<http://www.youthtoday.org/youthtoday/oct05/benson.html>

Preparing for Disaster
<http://www.redcross.org/images/pdfs/preparedness/A4600.pdf>

Preparing for Home Emergencies and Natural Disasters
<http://www.ces.ncsu.edu/depts/fcs/human/disaster/Preparedness.pdf>

Dealing With Disaster and Stress

After a Disaster: A Guide for Parents and Teachers
<http://library.adoption.com/parenting-skills/after-a-disaster-a-guide-for-parents-and-teachers/article/3582/1.html>

After a Disaster: Self-Care Tips for Dealing with Stress

<http://library.adoption.com/crisis-intervention/after-a-disaster-self-care-tips-for-dealing-with-stress/article/4201/1.html>

Antes De Regresar A Un Hogar Afectado Por Una Inundación (Returning to your home)

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/index.php>

Consejos Para Tratar El Estrés Tras Un Desastre (Adult stress)

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/index.php>

Dealing with the Burdens of Life

Helping Children Cope with Stress

<http://www.ces.ncsu.edu/depts/fcs/human/pubs/copestress.html>

Helping Kids Bounce Back Series

<http://www.ces.ncsu.edu/depts/fcs/smp9/boresil.htm>

Helping Young Children Cope with Trauma

<http://www.redcross.org/services/disaster/keepsafe/childtrauma.html>

Promoting a Family's Physical and Mental Health and Well-Being

<http://cals.arizona.edu/pubs/family/az1341/az1341b.pdf>

Promoting the Health and Well-Being of Families During Difficult Times: *Supporting Families Following a Disaster, An Overview*

<http://cals.arizona.edu/pubs/family/az1341/az1341a.pdf>

Recognizing Stress in Children

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/recognize.php>

Talking About Disaster: Guide for Standard Messages

<http://www.redcross.org/disaster/disasterguide/standardmsg.html>

Tenga Cuidado Antes De Consumir Agua Y Alimentos Afectados Por La Tormenta (Food safety)

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/index.php>

Tras La Tormenta: Ayudando A Sus Niños (Child stress)

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/index.php>

Understanding the Impact of Disasters on the Lives of Children and Youth

<http://cals.arizona.edu/pubs/family/az1341/az1341c.pdf>

Recovery

Benefits of Play in Children: Age Specific Interventions

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/benefits.php>

Cloud Watching / Star Gazing Activity

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/CloudWatchingDestressor.pdf>

Common Stages of Disaster Recovery

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/disasterchar.pdf>

Encouraging Family Communication After a Disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341f.pdf>

El Estrés En Su Niño: Lo Que Padres Pueden Hacer

<http://www.ces.ncsu.edu/disaster/sp/fs-child-stress2-sp.html>

Family Financial Management - Interventions Following a Disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341j.pdf>

Family Financial Management - Planning for the Future

<http://cals.arizona.edu/pubs/family/az1341/az1341i.pdf>

Family Survival in the 21st Century (Resiliency Activity)

http://www.kidsarus.org/volunteers/Volunteer_Leader_Training_Guide/2003/survival.htm

Light & Easy Summer Desserts

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/lighteasy.pdf>

Managing Conflict Following a Disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341g.pdf>

Outreach Materials

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/outreach.php>

Strategies for Parents and Teachers

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/strategies.php>

Stress Management After a Disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341e.pdf>

Stress Management Ideas

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/destressors.pdf>

STRESSED: DESSERTS Spelled Backwards

<http://www.ces.ncsu.edu/depts/fcs/human/disaster/desserts-stressed.pdf>

Supporting Children and Youth Following a Disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341d.pdf>

Understanding Depression Following a Disaster
<http://cals.arizona.edu/pubs/family/az1341/az1341h.pdf>

Other Disaster Information:

NOAA Weather Radio -- <http://weather.gov/nwr/nwrrcvr.htm>

How to Shelter in Place -- www.redcross.org/services/disaster/beprepared/shelterinplace.pdf

Ready America - www.ready.gov/america/makeaplan/stayingput.html

Children, Stress, and Natural Disasters from the University of Illinois Cooperative Extension Service is a set of resources for teachers and other child-care or youth workers. These resources include a guide for teachers and activities that teachers can use in their classrooms, lists of curriculum guides on disaster-related topics, a bibliography of children's literature on floods and natural disasters, and a list of resource material that are available from the American Red Cross. The University of Illinois also offers a comprehensive list of disaster fact sheets

http://web.extension.uiuc.edu/disaster/guide/g_facts.html

Penn State University - Better Kid Care Program offers emergency preparedness information and planning worksheets for child care centers and home providers. This curriculum includes emergency evacuation site agreements and sample letters for parents.

The Natural Disaster Program for Families from North Carolina Extension Service provides information on (1) things to do before a disaster, and (2) response or clean-up information following a disaster. Designed for use by Extension Educators working with families, it includes ready-to-use 30-second radio spots, fact sheets, leader guides with handouts, and additional resource information.

The Emergency Financial First Aid Kit is a simple tool to help minimize the financial impact of a natural disaster or national emergency. It helps users identify and organize key financial records and serves as a quick reference to their most important financial documents.

Eating Nutritiously When the Lights Are Out from Ohio State University Extension (PDF) gives readers 3 days of imaginative emergency menus – no heating required. Use the suggested list of food supplies and equipment to stock up for unexpected emergencies. Food safety tips will help you protect your health and keep a bad situation from turning worse.

Many families consider their pets a part of their household, but forget to include them in emergency preparations. **The American Human Society of the United States** (PDF) offers suggestions for pet owners.


Ready America U.S. Department of Homeland Security provides comprehensive checklists for water, food, clean air and special needs items.

Red Cross offers schools and child care programs useful lists to create emergency preparedness and search and rescue kits for classrooms and schools.

Citizen Corps provides disaster preparedness training for community volunteers. Citizen Corps volunteers may participate in light search and rescue, disaster medical operations, expanded neighborhood watch programs that include terrorism awareness education, public health initiatives, and other community safety functions.

If you teach, work or live with someone that has disabilities you may want to explore: **Preparing for Disaster for People with Disabilities or other Special Needs** (PDF)

Interested in learning more about Avian Flu? **Visit Centers for Disease Control and Prevention (CDC)**: This site is sponsored by the U.S. Department of Health and Human Services, providing timely information about health issues




- **Preparedness for Healthcare Facilities**
- **[Bioterrorism Readiness Plan: A Template for Healthcare Facilities](#)**  (1.5 MB/34 pages)


- **[Hospital Preparedness for Mass Casualties](#)**
Provided by the Advancing Health in America Policy Forum.
- **[OSHA Best Practices for Hospital-Based First Receivers of Victims](#)**
Information to assist hospitals in developing & implementing emergency management plans for protecting hospital-based emergency department personnel during the receipt of contaminated victims from mass casualty incidents occurring at locations other than the hospital. Provided by the U.S. Occupational Safety & Health Administration (OSHA).

- **State & Local Preparedness**
- **[Public Health Emergency Response Guide for State, Local, & Tribal Public Health Directors](#)**

All-hazards reference tool for health professionals who are responsible for initiating the public health response during the first 24 hours (i.e., the acute phase) of an emergency or disaster.

- **[The Centers for Public Health Preparedness Program](#)**
- **[Cooperative Agreement Guidance for Public Health Emergency Preparedness](#)**
Updated Jul 17
Guidance for CDC emergency preparedness funding for states. CDC has announced the availability of FY 2006 funding for continuation of the cooperative agreements to upgrade state & local public health jurisdictions' preparedness for & response to bioterrorism, other outbreaks of infectious disease, & other public health threats & emergencies.

- **CDC Support for the Emergency Management Assistance Compact (EMAC)**
Information about EMAC, the interstate mutual aid agreement that provides a mechanism for sharing personnel, resources, equipment & assets among states during emergencies & disasters.
 - **Presentations from the CDC Public Health Preparedness Conference 2005**
Downloadable slides from 87 presentations from the Feb 2005 conference in Atlanta convening approximately 500 public health professionals implementing CDC's Cooperative Agreement 99051, *Preparedness & Response to Bioterrorism*.
 - **MMWR: Brief Report: Terrorism & Emergency Preparedness in State & Territorial Public Health Departments — United States, 2004**
MMWR May 13;54(18):459-460.
 (239 KB/24 pages)
 - **MMWR: Assessment of Epidemiologic Capacity in State & Territorial Health Departments — United States, 2004**
MMWR May 13;54(18):457-459.
 (239 KB/24 pages)
 - **Guidance on Initial Responses to a Suspicious Letter/Container With a Potential Biological Threat**  (241 KB/6 pages)
Guidelines for local responders, based on existing procedures, on the initial response to letters, packages, or containers containing suspicious powders, liquids, or other materials. Developed by HHS/CDC, FBI, & DHS.
 - **Cities Readiness Initiative (CRI)**
Pilot program to aid cities in increasing their capacity to deliver medicines and medical supplies during a large-scale public health emergency
 - **Community-Based Mass Prophylaxis: A Planning Guide for Public Health Preparedness**
Planning guide to help state, county, & local officials meet federal requirements to prepare for public health emergencies. Outlines five components of mass prophylaxis response to epidemic outbreaks. Addresses dispensing operations using a comprehensive operational structure for Dispensing/Vaccination Centers (DVCs) based on the National Incident Management System (NIMS). (Developed by Weill Medical College of Cornell University for the Agency of Healthcare Research & Quality [AHRQ].)
 - **Public Health Preparedness & Response Capacity Inventories**
Voluntary assessments of state & local capacity to respond to bioterrorism, infectious disease outbreaks, & other public health threats & emergencies. Includes measures to assess progress towards meeting the benchmarks & critical & enhanced capacities in the Grant Guidance for FY2002 Supplemental Funds for Public Health Preparedness & Response to Bioterrorism (Announcement 99051).
- **National Preparedness**
 - **Strategic National Stockpile**
National repository of pharmaceuticals & medical supplies.

- **Epi-X: The Epidemic Information Exchange**
Secure, Web-based communications network connecting CDC with state & local health departments, poison control centers, & other public health professionals.
- **MMWR: Biological & Chemical Terrorism: Strategic Plan for Preparedness & Response**
Recommendations of the CDC Strategic Planning Workgroup.
MMWR Recommendations & Reports 2000 Apr 21;49(RR-4);1-14.
 (204 KB/26 pages)
- **Emergency & Environmental Health Services**
From the National Center for Environmental Health. Description of NCEH involvement in providing national & international leadership for the coordination, delivery, & evaluation of emergency & environmental health services.
- **National Advisory Committee on Children & Terrorism (NACCT)**
- **CDC Plane Decreases Response Time, Increases Readiness** New! Jun14

• **Legal Preparedness**

- **Regulations to control communicable diseases** 
42 U.S.C. 264 (From United States Code Annotated; Title 42; The Public Health & Welfare; Chapter 6a--Public Health Service; Subchapter Ii--General Powers & Duties.; Part G--Quarantine & Inspection).
- **Interstate Quarantine**
From United States Code Annotated; Title 42; The Public Health & Welfare; Part 70. On U.S. Government Printing Office site.
- **Foreign Quarantine**
From United States Code Annotated; Title 42; The Public Health & Welfare; Part 71. On U.S. Government Printing Office site.
- **EID Journal: Collaboration Between Public Health & Law Enforcement: The Constitutional Challenge**
Emerging Infectious Diseases 2002 Oct;8(10):1157-1159.



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. The U.S. Department of Agriculture (USDA) prohibits discrimination in all programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Rutgers Cooperative-Extension is an Equal Opportunity Employer.