

LET'S BE PREPARED TOGETHER

How to Help – Disaster Preparedness Volunteer Programs

United Rescue

JOSHUA OTERO (551)580-1985
unitedrescue.us/global

Citizen based volunteer program teaching in-field life saving medical techniques free of charge.

Community Response Team (CERT)

PAUL SORIERO (201) 615-5780
ready.nj.gov/cert/index.shtml

Citizen based volunteer program that provides free training in disaster preparedness.

Tree Lover's Crew

<http://jcparks.org/tlc/>

Engages residents throughout Jersey City to think about where they live through tree maintenance and plantings.

What to Bring – Your GO KIT



Cash



1 Gallon of water for 3 days



Non-Perishable Food



Radio with extra batteries



Blankets, pillows; clothes, etc.



First Aid Kit



Special items for babies, children, elderly, pets



Toiletries

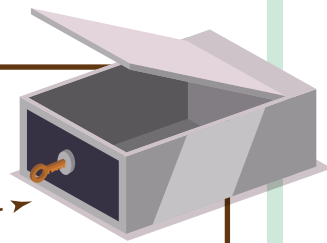


Flashlight with extra batteries



Extra set of keys; neighbor's keys

DON'T FORGET



Important documents (insurance papers, medical records, bank account numbers, social security cards, deeds or mortgages, birth and marriage certificates, stocks and bonds, recent tax returns, wills) **place in water/ fire proof bag or lock box or you can put it in a plastic bag and place in freezer.**

What to Know

Important websites

NJ REGISTER READY
tinyurl.com/njregisterready

A tool for anyone living with a disability to make sure during a disaster they get the help they need.

NEIGHBORHOOD DISASTER PREPAREDNESS PLAN

<https://tinyurl.com/5StepsJC>

A resource to help your neighborhood learn what to do in a disaster and how to get out safely.

For any questions, comments or more information please contact the Office of Innovation at City Hall:

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