

EMERGENCY PLANNING GUIDE



VILLAGE OF RIDGEWOOD
Office of Emergency Management



OFFICE OF
EMERGENCY MANAGEMENT

VILLAGE OF RIDGEWOOD

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[OEM RIDGEWOOD NJ](http://www.oem.ridgewoodnj.net)



JEREMY P. KLEIMAN
COORDINATOR

Dear Ridgewood Resident:

The Ridgewood Office of Emergency Management (OEM) is pleased to provide you with the 2024 Emergency Planning Guide, with the gracious support and hard work of Age Friendly Ridgewood. The Emergency Planning Guide has been updated with pandemics in mind. In an effort to help our residents prepare and stay informed, we encourage residents to review, download and print the electronic version of the Guide. The Emergency Planning Guide is available in pdf format at the [OEM website](http://www.oem.ridgewoodnj.net).

We hope you find the information helpful in preparing your family for a variety of emergencies. If nothing else, we encourage all residents to start a dialogue with their family and neighbors about preparedness. Although the Village of Ridgewood and its officials prepare and train extensively for all types of natural and man-made emergencies, a disaster could quickly overwhelm municipal, county and state resources. Therefore, OEM encourages you to plan, prepare and stay informed so you can take care of yourself and your family in times of crisis. The information contained in the Guide will help you achieve those goals.

A key component of emergency preparedness is to stay informed and be aware of what is going on around you. That includes monitoring weather conditions, staying current on local news, and making sure you receive timely information from local government officials.

OEM encourages all residents to immediately register with Ridgewood's emergency alert system. You may do so by registering for Smart911 alerts at www.smart911.com/smart911/ref/reg.action?pa=ridgewoodnj or on the Village of Ridgewood Website (www.ridgewoodnj.net). You will then receive emergency information by text message, email and, when appropriate, voice calling. We also encourage you to follow Ridgewood OEM on [Facebook](https://www.facebook.com/ridgewoodnj) and [Twitter](https://twitter.com/ridgewoodnj).

Providing residents with accurate and timely information to help you prepare for and recover from emergencies is a core mission of OEM.

The Emergency Planning Guide would not be possible without the support of [Age Friendly Ridgewood](http://www.agefriendlyridgewood.com), whose staff and volunteers promote awareness of the needs of adults 55 and over and are a resource for those living in the Ridgewood area.

Thank you for helping us help you by being prepared.

Sincerely,

Jeremy P. Kleiman
Emergency Management Coordinator

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IMPORTANT PHONE NUMBERS

EMERGENCY	9-1-1
POLICE	201-652-3900
FIRE	201-444-8822
OFFICE OF EMERGENCY MANAGEMENT	201-670-5570
VILLAGE HALL MAIN NUMBER	201-670-5500

THE NEED FOR EMERGENCY PREPAREDNESS

This guide explains how you and your family can protect yourselves during an emergency. When disaster strikes, you may not have much time to act. Please prepare now for a sudden emergency.

Emergencies can be broken down into several categories: those that can cause you to take shelter in your home for days or even weeks, those that cause you to evacuate your home, and those that can trap you in your vehicle or a sheltering place away from home.

Ridgewood emergency planners, working closely with federal, state, county and local officials, have put together this booklet of emergency information and checklists for different types of emergencies. It is designed to get you started as you plan ahead for emergencies that can occur in our area.

Please read this booklet, ask others in your family to read it, and put it in a place where you can find it during an emergency.

Use the Emergency Preparedness Checklists included in this booklet to make sure you have everything you need to stay inside your home for as long as a week if necessary.

A weather emergency or disaster and its after effects can last for days or weeks, during which you may be without heat, water, power or telephone.

PREPARE NOW SO YOU'RE READY.
DO IT TODAY, DON'T DELAY.

To prepare for an emergency that requires you to evacuate your home

Make arrangements to stay with a relative or friend who lives 10 to 50 miles away, in case you have to evacuate your home during an emergency. If you cannot make these arrangements, locations of temporary shelters where you can stay during an emergency can be obtained from the American Red Cross or the Ridgewood Office of Emergency Management.

Pre-Planning for emergencies can be especially critical for residents with special needs

Residents who need extra assistance during emergencies because of physical disabilities, advanced age, or other special needs should join Ridgewood's Special Needs Registry (SNR), which is maintained by the Office of Emergency Management. Sign up for the SNR by completing the registration form on the inside back cover of this booklet. Here are some tips for anyone in SNR:

- » If you currently use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should you be required to leave your home).
- » Meet with household members or your personal care attendant. Discuss the dangers of fire, severe weather, earthquakes and other emergencies that might occur.
- » Learn what to do in case of power outages and personal injuries. Know how to connect or start a back-up power supply for essential medical equipment.
- » If you or someone in your household uses a wheelchair or other mobility device, make more than one exit from your home device accessible in case of the primary exit is blocked in an emergency.
- » Teach those who may need to assist you in an emergency how to operate necessary equipment.
- » Arrange for a relative or neighbor to check on you in an emergency.
- » Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- » Pick one out-of-state and one local friend or relative for family members to call if separated by disaster.

EMERGENCY PREPAREDNESS CHECKLISTS

Learn how to protect yourself and cope with disaster by planning ahead. Discuss these ideas with your family and then prepare a family emergency plan. Post your plan where everyone will see it on the refrigerator or bulletin board.

Parents and Family

Include your children in planning for an emergency. Teach them how to get help and what to do in different situations. Practice your family emergency plan with your children and quiz them about preparedness information.

Every child should know:

- » Family contact information for use in an emergency.
- » Never touch wires lying on the ground or hanging from poles.
- » How to identify the smell of gas. Tell them that if they smell it, they should tell a grown-up or leave the building.
- » How and when to call 9-1-1.

Information to know about your child's school or day care facility:

- » Learn the emergency plan for your child's school.
- » Find out where you can pick up your child during an evacuation.
- » Ensure that the school has up-to-date contact information for you and at least one other relative or friend.
- » Find out if you can authorize a friend or relative to pick up your child in an emergency if you cannot. If so, make sure to let the friend know that he/she has been listed—and don't forget to tell your child!

Pet Owners

Pet owners should include provisions for their pet in a household disaster plan. Please note that not all shelters accept pets. Others accept only dogs and cats. Therefore, it is important that you have a plan for your pet in case evacuation is required.

Pet Emergency Planning Tips:

- » Contact friends or relatives outside your area to see if they would be willing to accommodate you and your pet in an emergency. Also, ask a neighbor, friend or family member if they will look after your pet if you cannot return home due to a disaster.
- » See if your veterinarian or groomer provides shelter for animals during an emergency.
- » Transport your pet in a carrier for the duration of the disaster. This makes your pet feel safer and more secure.
- » Know your pet's hiding places so that you can easily find them in times of stress.
- » Make sure each pet has a license and ID tag.

Children are particularly vulnerable to emotional stress after a disaster and may exhibit excessive fear of the dark, crying, fear of being alone, and constant worry.

Reassure children that they are safe. Encourage them to talk about their fears, emphasize that they are not responsible for what happened, and comfort them.

Make a Plan

Your family may not be together when disaster strikes, so it is important to plan in advance the following: how you will contact one another, how you will get back together, and what you will do in different situations.

Family Emergency Plan

Use the Family Emergency Planning Tool at www.ready.gov to prepare a printable Comprehensive Family Emergency Plan. Use the Quick Share application to assemble a quick reference list of contact information for your family, and a meeting place for emergency situations.

You may also want to inquire about emergency plans at places where your family spends time: work, daycare, and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

- » Identify an out-of-town contact. This person may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone number and has a cell phone, coins, or a prepaid phone card to call the emergency contact.
- » If you have a cell phone, program that person(s) as "ICE" (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your family and friends that you've listed them as emergency contacts.
- » Teach family members how to use text messaging, which can often get around network disruptions when a phone call might not be able to get through. Another resource for increasing phone and computer skills is the Ridgewood Public Library.

Planning to Stay or Go

Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay where you are or evacuate. You should plan for both possibilities. Use common sense and available information to determine if there is an immediate danger. In any emergency, local authorities may not immediately be able to provide information on what is happening and what you should do. Watch TV, listen to the radio or check the Internet for official information as it becomes available.

CHECK OUT THESE HELPFUL RESOURCES:

www.ready.gov/disability

www.ready.gov/seniors

www.ready.gov/car

www.ready.gov/financial-preparedness

www.ready.gov/safety-skills

www.ready.gov/get-tech-ready

www.ready.gov/business

www.ready.gov/kids

ADDITIONAL HELPFUL RESOURCES:

The American Red Cross

The American Red Cross can help you prepare your family, your pets and your home for common emergencies and natural disasters. Get tips for preparedness steps you can take today, what to do in an emergency, and how to repair and rebuild afterward. www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies.html

AARP Emergency Preparedness createthegood.aarp.org/content/dam/aarp/cta/pdf/guides/emergency-prep-individual.pdf

Small Business Administration <https://www.sba.gov/business-guide/manage-your-business/prepare-emergencies>

Emergency Information

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. You may find the following online resources useful:

- » Federal Emergency Management Agency (FEMA) www.ready.gov/natural-disasters
- » NOAA National Weather Service www.weather.gov/safety
- » New Jersey Office of Emergency Management www.ready.nj.gov
- » Ridgewood Office of Emergency Management [OEM Website](#)

SIGN UP FOR FREE EMERGENCY ALERTS

We strongly encourage all Ridgewood residents to register to receive e-mails, text messages and phone calls to inform you about emergency information.

Visit the Village of Ridgewood website www.ridgewoodnj.net and click on E-Notices

OR

Visit the Smart911 website www.smart911.com/smart911/ref/reg.action?pa=ridgewoodnj

Build a Kit

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least 3 days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could receive help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- » Keep canned food in a cool, dry place.
- » Store boxed food in tightly closed plastic or metal containers.
- » Replace expired items as needed.
- » Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- » **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- » **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- » **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

An "All-Purpose" Checklist for Your Emergency Kit

USE THE FOLLOWING CHECKLIST TO BE SURE THAT YOU ARE PREPARED FOR ANY TYPE OF EMERGENCY:

- » Prescription medications and glasses
- » Infant formula, diapers and other baby supplies
- » Pet food and extra water for your pet
- » Important documents, including IDs, in a waterproof, portable container
- » Cash and change
- » Sleeping bag or warm blanket for each person
- » A fully charged fire extinguisher and battery powered smoke detectors that work
- » Matches in a waterproof container
- » Feminine supplies and personal hygiene items
- » Mess kits, paper cups, plates and plastic utensils
- » Paper and pencil
- » Toilet paper
- » Disposable gloves
- » Disinfectant wipes
- » Toothbrushes and toothpaste
- » Paper towels
- » Bath towels
- » First Aid Kit
- » Water, one gallon per person per day for at least 3 days, for drinking and sanitation
- » At least a 3-day supply of non-perishable, high-energy food (bring a can opener) that does not need to be cooked
- » Battery-powered or hand-crank radio and NOAA Weather Radio with tone alert
- » Flashlight and extra batteries
- » Whistle to signal for help
- » Face / dust masks for each person, to help filter contaminated air
- » Plastic sheeting and duct tape if sheltered in place
- » Moist towelettes, garbage bags, and plastic ties for personal sanitation
- » Wrench or pliers to turn off utilities
- » Local maps
- » Cell phone with charger and external USB power source
- » Books, games, puzzles or other activities for children
- » Complete change of clothing including a long-sleeved shirt, long pants, and sturdy shoes (if winter consider additional layers as well)
- » Household chlorine bleach and medicine dropper—when diluted, nine parts water to one part bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe, or added-cleaner bleach.

STAY INFORMED

Before, during and after a disaster, it is critical that you seek out the most local, up-to-date information from emergency officials. Public officials communicate emergency information to the public through various means, depending on the circumstances. Local media are often used to convey instructions from local, state, and federal government partners, such as:

- » Orders to evacuate
- » Evacuation routes
- » Locations of evacuation shelters
- » How to safely stay where you are
- » Where to find assistance
- » Weather warnings and watches

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. There are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could occur where you live and the appropriate way to respond to them. Knowing what to do during an emergency is an important part of being prepared.

It's also important to know what kinds of threats could occur in the Bergen County area. Explore the *Are You Ready?* disaster links at www.ready.gov and ready.nj.gov/plan/threats-emergencies.html to learn more about these threats and how to respond to them.

Bergen County has a Reverse 911 system referred to as the Emergency Notification System. It will leave messages on a landline or a cell phone. You may register for this service by visiting www.co.bergen.nj.us/emergency-management and clicking on the Swift 911 portal.

HOW TO STAY INFORMED

Village of Ridgewood

Call Village Hall for recorded messages at 201-670-5500

Follow us on [Facebook](#) and [Instagram](#)

Bookmark www.ridgewoodnj.net on your computer

Visit Village Hall or the Ridgewood Police Department to receive information in person

Office of Emergency Management (OEM)

Follow us on [Facebook](#) and [Twitter](#)

Bookmark office-of-emergency-management on your computer

Ridgewood OEM may distribute and post written information through houses of worship and local businesses

Sign up for Smart911 alerts (see page 8)

New Jersey Register Ready

Register Ready (New Jersey's Special Needs Registry for Disasters) allows New Jersey residents with disabilities or access and functional needs, and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

<https://www-lps.state.nj.us/SpecialNeeds/Registration>

Apps for Smart Phones and Tablets

The FEMA app features preparedness information for all different types of disasters, an interactive checklist for emergency kits, and information on how to stay safe and recover after a disaster. There is also information on how to plan an emergency meeting location for family and friends, and a map of FEMA Disaster Recovery Center locations for accessing supplies and emergency aid.

Red Cross offers a whole series of apps, including a Hurricane App, a Shelter Finder App, a First Aid App, an Earthquake App, a Wildfire App, and even a Pet First Aid App. Each app includes emergency notifications, step-by-step instructions on how to prepare your family and your home, how to help friends and neighbors, and hints on how to handle food and water during power outages. There are even interactive quizzes to help you prepare for the real thing.

The Weather Channel app provides live radar updates, severe weather alerts, and local weather on the go. Be prepared with their hurricane tracker, new widget, storm alerts, local weather maps, storm radar news and your local weather forecast.

WHAT TO DO?

Shelter Information

Sheltering-In-Place Preparedness

Evacuation is not always the safest option in the event of a hazardous material or other type of emergency. Your home or workplace can be a safe haven from an emergency. Upfront preparations will help.

Sheltering in Place means staying inside your home or other building until emergency officials give an "all-clear" signal. Sheltering in Place can be your safest option in some emergencies.

Sheltering in Place is most commonly used for hazardous material emergencies but can also be used during some storms and some police emergencies where evacuation and exposure to the outside can be life threatening. Other conditions that may warrant a call for sheltering in place include fire, severe windstorm (or thunderstorm), or terrorist incident.

Prepare your home ahead of time. Choose a "safe-room," which is big enough to hold the number of people in your family, has access to water, and has few—if any—windows. A bedroom with an adjoining bath is a great place.

SHELTERING IN PLACE DON'TS

Don't call the school to try to pick up your children. They will be safer sheltering in place at the school than they would be riding in your vehicle.

Don't leave your shelter until the "all clear" signal is sounded.

Don't risk your safety for pets. If they can't be found quickly, you'll have to shelter in place without them.

Don't call 9-1-1 unless it is a true emergency.

Don't wait until the disaster strikes to prepare. It's never too early!

Prepare window coverings. Windows should be sealed to prevent hazards from entering. Measure windows and skylights. Cut plastic (adding 6" to the borders) to be placed over the windows. Label the sheets for each window. For serious wind conditions, think about something heavier to guard against broken glass entering the room (wood, heavy cardboard, even a mattress).

Prepare vent and door coverings. As with the windows, measure each air vent, door and any other opening leading outside the room. Cut, label and store plastic sheeting.

Sheltering-In-Place Procedures

- » Sheltering-in-Place preparations complement your other family emergency preparedness efforts.
- » Make sure you have plastic sheeting for windows, doors, air vents, or other opening; you may want to pre-cut and label them.
- » Include rolls of duct tape for the plastic sheeting.
- » Bring along a first aid kit.
- » Stay inside the enclosed building or your "safe room!" Bring pets inside.
- » Close and lock all windows and doors. Close drapes or shades over all windows. Push wet towels under the doors to help seal against outside air, if appropriate.
- » Turn off all heating/air conditioning systems, and switch inlets or vents to the closed position. Extinguish fireplace fires and close dampers.
- » Seal bathroom exhaust fans or grills, range vents, dryer vents, and other openings (in shelter room only).
- » Listen to the Emergency Alert System radio messages and follow the instructions. Other local stations may carry the instructions.
- » Do not go outside or attempt to drive unless specifically told to do so. Evacuation procedures may vary by area of danger.
- » Once the emergency has passed, ventilate your entire house.

Evacuation Information

There may be conditions under which you will decide to leave or are ordered to leave. Follow these guidelines for evacuation:

- » Plan places where your family will meet, both within and outside of your immediate neighborhood. Use the Emergency Plan to decide these locations before a disaster.
- » If you have a car, keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
- » Become familiar with alternate routes and other means of transportation out of your area. Choose several destinations in different directions so you have options in an emergency.
- » Leave early enough to avoid being trapped by severe weather.
- » Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- » Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas or on closed-off roads.
- » If you do not have a car, plan how you will leave if you have to. Make arrangements with family, friends or your local town agencies.
- » Take your emergency supply kit unless you have reason to believe it has been contaminated.
- » Listen to a battery-powered radio and follow local evacuation instructions.
- » Remember that during an evacuation, only service animals may be permitted in public shelters. Plan for who will care for your pets in an emergency.

For your safety, and the safety of your family members, ALWAYS follow the directions of appropriate emergency officials.

Although situations may appear safe, they may not be, so please trust the judgement of emergency officials who are in constant contact with local, state, and federal emergency management agencies.

IF TIME PERMITS

Call / email your out-of-state contact in your family communications plan.

Secure your home by closing and locking doors and windows.

Unplug electrical equipment.

Leave freezers and refrigerators plugged in unless there is a risk of flooding.

If you are instructed to, shut off water, gas and electricity before leaving.

Leave a note telling others when you left and where you are going.

Check with neighbors who may need a ride.

EMERGENCY PREPAREDNESS INFORMATION

Hazardous Materials

Hazardous materials are part of our everyday lives. When properly stored and handled, products such as household detergents, swimming pool chemicals, lawn fertilizer, and propane grills provide us with enjoyment in a safe and healthy environment. However, because these and other products may be poisonous, flammable, or corrosive, the public must be protected in the event of an accident involving a hazardous material.

What Should You Do?

- » Store propane, gasoline, kerosene, or flammable materials away from your home.
- » If you witness a hazardous-materials incident, immediately call 9-1-1 and be prepared to tell them the exact location.
- » Stay away from the scene of the incident. Stay upwind of the incident.
- » If you are in a car, close the windows and shut off ventilation.
- » Avoid contact with any spilled materials, airborne mist, or condensed solid chemical deposits.
- » Do NOT eat any foods or drink any water that may have been contaminated.
- » Watch Public Access-TV Channel 34 (Verizon FiOS) or Stream [Village of Ridgewood's YouTube Channel](#).

Utility Emergency - Water

Know where your water shut-off and hot water heater shut-off valves are in case of emergency.

In case of flooding, you can call the Ridgewood Fire Department at 201-444-4224, and refer to the section on flooding on page 18. For other water emergencies, call Ridgewood Water at 201-670-5520.

Utility Emergency - Natural Gas

- » If you smell a strong odor of gas, do not do anything that will cause a spark.
- » Do not turn off (or on) any switches.
- » Do not use the telephone.
- » Do not try to fix the situation yourself.

**LEAVE YOUR HOME IMMEDIATELY!
CALL 9-1-1 FROM A NEIGHBOR'S
HOUSE.**

Please remember that loss of power to your home is not necessarily a life-threatening emergency.

Please do not call 9-1-1 to find out when your power will be restored. Call your utility company directly.

PSE&G can be reached at 1-800-436-7734. If you have Internet access you can report a power outage at pseg.com.

Utility Emergency - Power Failure

A power outage can be caused by storm activity, equipment failures, or when a tree, animal or other object comes into contact with an electrical line. Once located, trouble spots can be isolated and repaired enabling service to be restored.

- » Check with your neighbors. If you are the only one without power or only a few appliances won't work, check to see if a fuse is blown or a circuit breaker is tripped.
- » Call 9-1-1 to report downed power lines and other dangerous conditions. In the event of a power failure, a fire call box may be pulled for 9-1-1.
- » Call PSE&G directly at 1-800-436-7734 to report a power outage that does not involve downed power lines or other hazardous conditions.
- » Listen to newscasts on a battery-powered radio. Announcers often broadcast reports on the extent of the trouble and the approximate time service will be restored.
- » Turn off major appliances that should not be in operation when the power comes back on.
- » Do leave a light on so you'll know when normal service has been restored.
- » Open refrigerator doors and freezers as little as possible. Food will keep for hours if door opening is kept to a minimum. If the outage is lengthy, contact a dry ice distributor.
- » Stay away from downed power lines. Never touch them under any circumstances.

Fire Emergency

If your smoke detector goes off, or if you notice a fire, remain calm. Do not try to fight a major fire yourself. Call 9-1-1 immediately.

- » If your clothes catch fire: Stop where you are, Drop to the ground, and Roll over and over to smother the flames.
- » If you live in a high-rise multiple dwelling unit, and the fire is not in your apartment, stay in your apartment rather than enter smoke-filled hallways.
- » If a fire breaks out in your house or non-fireproof apartment building, get out as quickly as possible.
- » Feel doors with the back of your hand before you open them. If they are hot, find another way out. Stay as close to the floor as possible - smoke and heat rise and the air is clearer and cooler near the floor. Close doors behind you.
- » If you are unable to get out for any reason, stay near a window and down on the floor. Close the door and stuff the bottom with a towel to avoid smoke. If possible, signal for help by waving a cloth or sheet outside the window.

To prevent fires, keep an ABC fire extinguisher and working smoke detectors in the house. Check batteries twice a year at daylight-savings time.

If you are in a building that is on fire do not stop to get anything, do not stop to call for help, and do not use the elevator.

Call 9-1-1 when you get to a safe place, such as a neighbor's house.

Pandemic

You can prepare for a pandemic now. You should know both the magnitude of what can happen during an outbreak and what actions you can take to help lessen the impact of a pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a pandemic.

Plan

- » Store a 2-week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- » Check your regular prescription drugs to ensure a continuous supply.
- » Have health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- » Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

Limit Spread of Germs and Prevent Infection

- » Follow CDC recommendation including wearing masks when appropriate.
- » Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.
- » If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- » Cover your mouth and nose with a tissue when coughing or sneezing. This may prevent those around you from getting sick.
- » Washing your hands often will help protect you from germs.
- » Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- » Practice other good health habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Local Resources

The following is a list of local resources that may be helpful if you are required to stay home for extended periods of time because of a pandemic.

GROCERIES

Now more than ever, people are shopping online for groceries. Below are some of the local services to order your groceries for delivery. Experts advise to order groceries early in the day, download the grocery delivery app on your smart phone or tablet, keep your phone with you should the shopper have questions about your order, understand the delivery fees, and your shopper/deliverer will expect a tip.

- » Instacart works with local grocery store chains including Green Way Markets, Kings, Shop Rite, Stew Leonards, Uncle Giuseppe's, HMart, Acme, Wegmans, Aldi and Petco. Their Senior Support Services can be reached at 1-844-981-3433 (8AM to 11 PM Eastern Time) if you need help getting started. www.instacart.com
- » Stop and Shop has curbside pick-up: 201-444-6222 and delivery: 800-767-7772
stores.stopandshop.com/nj/ridgewood/175-franklin-avenue
- » Pea Pod grocery delivery services works with Stop and Shop customer service: 800-573-2763
- » Wegman's offers delivery through Instacart or curbside pick-up: 551-249-2200
- » Amazon Prime through Amazon Fresh and Whole Foods deliver groceries: 201-670-0383
www.wholefoodsmarket.com/stores/ridgewood or www.amazon.com

PHARMACIES THAT DELIVER

- » Walgreens: 201-444-1689
- » Stop and Shop Pharmacy: 201-444-2800
- » CVS: 201-447-1100
- » Town and Country: 201-652-0013

TECHNOLOGY HELP

- » www.ridgewoodlibrary.org/tech-training
- » LifeLock: www.lifelock.com/learn-internet-security-safe-online-shopping.html
- » Cybersecurity & Infrastructure Security Agency (part of US Department of Homeland Security)
us-cert.cisa.gov/ncas/tips/ST07-001

TRANSPORTATION

- » Ridgewood Senior Bus: 201-670-5500
- » Bergen County Community Transportation: 201-368-5955
- » Please see this website for a more detailed list of options:
www.agefriendlyridgewood.org/resources/transportation/

HEALTH SERVICES

- » Dispatch Health (Affiliation with Valley Hospital): 201-882-7527
- » Valley Connect Now™, Valley Health System's online telemedicine service, brings healthcare home so you can feel better, faster. See a doctor or advanced practice provider 24/7 for real-time urgent care using your smartphone, tablet or camera-equipped computer. These video visits connect you quickly and securely. www.valleyhealth.com/services/valley-connect-now

MENTAL HEALTH SERVICES

- » Psychiatric Emergency Helpline: 201-262-HELP
- » Assessment and Counseling West Bergen Mental Health: 201-444-3550
- » Ramapo Ridge Behavioral Health Services: 201-848-5500

EMERGENCY WEATHER INFORMATION

Winter Weather

Storms with Strong Winds

Sometimes winter storms are accompanied by strong winds creating blizzard conditions with blinding wind-driven snow, severe drifting and dangerous wind chill. These intense storms can knock down trees, utility poles, and power lines. Storms near the coast can cause coastal flooding and beach erosion as well as sink ships at sea.

Extreme Cold

Extreme cold often accompanies a winter storm or is left in its wake. Prolonged exposure to the cold can cause frostbite or hypothermia and become life threatening. Infants and elderly people are most susceptible. Pipes may freeze and burst in homes that are poorly insulated or without heat.

Ice Storms

Heavy accumulations of ice can bring down trees, electrical wires, telephone poles and lines, and communication towers. Communications and power can be disrupted for days while utility companies work to repair the extensive damage. Even small accumulations of ice may cause extreme hazards to motorists and pedestrians.

During a Winter Storm

The following are guidelines for what you should do during a winter storm or under conditions of extreme cold:

- » Listen to your radio or TV for weather reports and emergency information.
- » Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
- » Avoid overexertion. Overexertion can bring on a heart attack—a major cause of death in the winter.
- » Watch for signs of frostbite: loss of feeling and white or pale appearance in extremities such as fingers, toes, earlobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- » Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

75% of flood fatalities are automobile related.

NEVER drive around a barricade or through flood waters.

Two feet of water will carry away most cars and SUVs.

Just 6 inches of moving water can knock you down.

Floods

Village of Ridgewood is Flood Prone

Flooding is the most serious hazard for the Bergen County area and is a threat across the entire Village year-round. A common myth is that flooding only occurs in creek or river floodplains. Many do not realize that flooding can occur anywhere.

Factors Associated with Flooding

Creeks: Urban and rural creeks run through all areas of Ridgewood creating the beautiful landscape and natural water system. Unfortunately, this means we live in and/or near floodplains which, when it rains heavily, can fill up with water causing flooding in your home and/or business.

Ho-Ho-Kus Brook & Saddle River: Both the Ho-Ho-Kus Brook and Saddle River split the Village into three impassible sections during a flood: East of Route 17 (Glen School Area), East Central (Travell, Somerville & Hawes) and East CBD (anything west of the Ho-Ho-Kus Brook). Ridgewood OEM has a plan in place to provide residents located within these sections with fire, police and emergency medical services during major floods.

Residents residing within the East Central portion are advised that during a flood, an island is created between the Saddle River and Ho-Ho-Kus Brook trapping people within this section. There are currently no flood prevention dams within the Village. Be advised that conditions upstream will always affect portions downstream. Just because there is not flooding or rain in Ridgewood does not mean flooding cannot occur.

Suburban Flooding

Developed areas cannot absorb as much rainfall as a natural area. Water runoff in suburban areas is faster and there is much more of it, creating very dangerous conditions. Drainage systems can be overwhelmed, causing flooding in areas outside of floodplains.

Before a Flood

TO PREPARE FOR A FLOOD, YOU SHOULD:

- » Avoid building in a floodplain unless you elevate and reinforce your home.
- » Elevate the furnace, water heater, and electric panel if susceptible to flooding.
- » Install "check valves" in sewer traps to prevent flood water from backing up into the drains of your home.
- » Construct barriers to stop floodwater from entering the building.
- » Seal walls in basements with waterproofing compounds to avoid seepage.

During a Flood

IF A FLOOD IS LIKELY IN YOUR AREA, YOU SHOULD:

- » Listen to the radio or television for information.
- » Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- » Be aware of streams, drainage channels, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

IF YOU MUST PREPARE TO EVACUATE, YOU SHOULD DO THE FOLLOWING:

- » Secure your home. If you have time, bring in outdoor furniture.
- » Move essential items to an upper floor.
- » Turn off utilities at the main switches or valves. Disconnect electrical appliances.
- » Do not touch electrical equipment if you are wet or standing in water.

IF YOU HAVE TO LEAVE HOME, REMEMBER THESE EVACUATION TIPS:

- » Do not walk through moving water. Six inches of moving water can make you fall.
- » If you have to walk in water, walk where the water is not moving.
- » Use a stick to check the firmness of the ground in front of you.
- » Watch for open manhole covers.
- » If you can, wear boots or solid footwear.
- » Do not drive into flooded areas. Follow all signs and do not drive into barricaded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

After a Flood

THE FOLLOWING ARE GUIDELINES FOR THE PERIOD FOLLOWING A FLOOD:

- » Listen for news reports to learn whether the community's water supply is safe to drink.
- » Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- » Avoid moving water.
- » Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- » Stay away from downed power lines, and report them to the power company.
- » Return home only when authorities indicate it is safe.
- » Stay out of any building if it is surrounded by floodwaters.
- » Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- » Service damaged septic tanks, cesspools, pits and leaching systems as soon as possible.
- » Damaged sewer systems are serious health hazards.
- » Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

Hurricanes and Tropical Storms

Ridgewood has experienced multiple catastrophic hurricanes. We are vulnerable to the effects of a dying hurricane or tropical storm traveling inland also.

Before a Hurricane

TO PREPARE FOR A HURRICANE, YOU SHOULD TAKE THE FOLLOWING MEASURES:

- » Know your surroundings.
- » Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate.
- » Make plans to secure your property:
 - Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8" plywood, cut to fit and ready to install. Tape does not prevent windows from breaking.
 - Install straps or additional structural clips to securely fasten your roof to the frame structure. This will reduce roof damage.
 - Be sure trees and shrubs around your home are well trimmed so they are more wind resistant.
 - Clear loose and clogged rain gutters and downspouts.
 - Reinforce your garage doors; if wind enters a garage it can cause dangerous and expensive structural damage.
 - Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.
 - Install a generator for emergencies.
 - Consider building a safe room.

Hurricanes cause heavy rains that can cause extensive flood damage in coastal and inland areas. Everyone is at risk and should consider flood insurance protection. To learn more about your flooding risk and how to protect yourself and your business, visit the Federal Insurance and Mitigation Administration at www.floodsmart.gov or call 1-800-427-2419.

During a Hurricane

IF A HURRICANE IS LIKELY IN YOUR AREA, YOU SHOULD:

- » Listen to the radio or TV for information.
- » Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- » Turn off propane tanks.
- » Avoid using the phone, except for emergencies.
- » Ensure a supply of water for sanitary purpose such as cleaning and flushing toilets. Fill the bathtub and other larger containers with water.
- » Find out how to keep food safe during and after an emergency.

YOU SHOULD EVACUATE UNDER THE FOLLOWING CONDITIONS:

- » If you are directed by local authorities to do so. Be sure to follow their instructions.
- » If you are unable to evacuate, go to a wind-safe room. If you do not have one, follow these guidelines:
 - Stay away from windows and glass doors.
 - Close all interior doors - secure and brace external doors.
 - Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm and winds could pick up again.
 - Take refuge in a small interior room, closet or hallway on the lowest level.
 - Lie on the floor under a table or another sturdy object.

After a Hurricane

- » Listen to the radio or TV for the latest updates.
- » Stay alert for extended rainfall and subsequent flooding even after the hurricane or tropical storm has ended.
- » If you evacuated, return home only when officials say it is safe.
- » If you cannot return home and have immediate housing needs, text SHELTER and your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345).
- » Drive only if necessary and avoid flooded roads and washed-out bridges. Stay off the streets.
- » If you must go out watch for fallen objects, downed electrical wires, and weakened walls, bridges, roads and sidewalks.
- » Keep away from loose or dangling power lines and report them immediately to the power company.
- » Walk carefully around the outside of your home and check for loose power lines, gas leaks and structural damage before entering.
- » Stay out of any building if you smell gas, if floodwaters remain around the building or if your home was damaged by fire and the authorities have not declared it safe.
- » Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.
- » Use battery-powered flashlights in the dark. Do not use candles.
Note: The flashlight should be turned on outside before entering—the battery may produce a spark that could ignite leaking gas, if present.
- » Watch your pets closely and keep them under your direct control. Watch out for wild animals, especially poisonous snakes. Use a stick to poke through debris.
- » Avoid drinking or preparing food with tap water until you are sure it's not contaminated.
- » Check refrigerated food for spoilage. If in doubt, throw it out.
- » Wear protective clothing and be cautious when cleaning up to avoid injury.
- » Use the telephone only for emergency calls.
- » NEVER use a generator inside homes, garages, crawlspaces, sheds, or similar areas, even when using fans or opening doors and windows for ventilation. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.

High Wind and Tornadoes

Tornadoes are some of nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long.

Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible.

Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Preparing a Safe Room

Your residence may be built "to code," but that does not mean it can withstand winds from extreme events. A safe room provides space where you and your family can seek refuge that provides a high level of protection.

- » Safe rooms built below ground level provide the greatest protection, but a safe room built in a first-floor interior room also can provide necessary protection. Below-ground safe rooms must be designed to avoid accumulating water during the heavy rains that often accompany severe windstorms.
- » To protect its occupants, a safe room must be built to withstand high winds and flying debris, even if the rest of the residence is severely damaged or destroyed. Consider the following when building a safe room:
 - The safe room must be adequately anchored to resist overturning and uplift.
 - The walls, ceiling, and door of the shelter must withstand wind pressure and resist penetration by windborne objects and falling debris.
 - The connections between all parts of the safe room must be strong enough to resist the wind.
 - Sections of either interior or exterior residence walls that are used as walls of the safe room must be separated from the structure of the residence so that damage to the residence will not cause damage to the safe room.

Before a Tornado

BE ALERT TO CHANGING WEATHER CONDITIONS.

- » Listen to radio or TV newscasts for the latest information.
- » Look for approaching storms. Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train
- » If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

What is the Difference Between a Tornado Watch and a Tornado Warning?

Seek shelter immediately if you are under a tornado warning! A tornado warning means a tornado has been spotted or indicated on radar and is occurring or imminent in your area.

A tornado watch means that weather conditions are favorable for a tornado to form.

Thunder and Lightning

In the United States, an average of 300 people are injured and 80 people are killed each year by lightning. Although many lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Other associated dangers of thunderstorms include tornadoes, strong winds, hail, and flash flooding.

The Village of Ridgewood, in conjunction with the Ridgewood Public Schools, has installed a Lightning Detection System at many fields and parks throughout the village. If an audible signal and/or beacon is activated at one of these facilities, immediately seek shelter until the "all clear" signal is broadcast. Residents can register to receive lightning detection alerts by email or text message by signing up for [e-notices](#) and checking the "Lightning Detection Alert" box.

Lightning Safety Tips for Inside the Home

- » Avoid contact with corded phones.
- » Avoid contact with electrical equipment or cords. If you plan to unplug any electronic equipment, do so well before the storm arrives.
- » Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry.
- » Stay away from windows and doors, and stay off porches.
- » Do not lie on concrete floors or lean against concrete walls.

If a Thunderstorm is Likely in Your Area

- » Postpone outdoor activities.
- » Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- » Remember, rubber-soles shoes and rubber tires do not provide protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- » Secure outdoor objects that could blow away or cause damage.
- » Avoid showering or bathing. Plumbing and bathroom fixtures conduct electricity.
- » Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- » Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.

IF THUNDER ROARS,
GO INDOORS!

No place outside is safe when lightning is in the area. Stay indoors until 30 minutes have passed after you hear the last clap of thunder.

Stay away from

- » Natural lightning rods such as a tall, isolated tree in an open area.
- » Hilltops, open fields, the beach, or a boat on the water.
- » Isolated sheds or other small structures in open areas.
- » Anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

Excessive Heat

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures.

Take Protective Measures before Extreme Heat

TO PREPARE BEFORE EXTREME HEAT, YOU SHOULD:

- » Install window air conditioners snugly, insulate if necessary. Check ducts.
- » Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- » Weather-strip doors and sills to keep cool air in.
- » Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.
- » Keep storm windows up all year.

During a Heat Emergency

THE FOLLOWING ARE GUIDELINES FOR WHAT YOU SHOULD DO IF THE WEATHER IS EXTREMELY HOT:

- » Stay indoors as much as possible and limit exposure to the sun.
- » Stay on the lowest floor, out of the sunshine, if air conditioning is not available.
- » Consider spending the warmest part of the day in public buildings such as libraries, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- » Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- » Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- » Limit intake of alcoholic beverages.
- » Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- » Protect face and head by wearing a wide-brimmed hat.
- » Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- » Never leave children or pets alone in closed vehicles.
- » Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

First Aid for Heat-Related Illnesses

CONDITION	SYMPTOMS	FIRST AID
Sunburn	<ul style="list-style-type: none">» Skin redness and pain» Possible swelling» Blister» Fever» Headaches	Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally. Apply dry, sterile dressings to any blisters and get medical attention.
Heat Cramps	<ul style="list-style-type: none">» Painful spasms, usually in leg or abdominal muscles» Heavy sweating	Get the victim to a cooler location. Stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of cool water every 15 minutes (do not give liquids with caffeine or alcohol). Discontinue liquids if victim is nauseated.
Heat Exhaustion	<ul style="list-style-type: none">» Heavy sweating, but skin may be cool, pale, or flushed» Weak pulse» Fainting or dizziness» Nausea, vomiting» Exhaustion» Headaches	Have the victim lie down in a cool place loosen or remove clothing. Apply cool, wet cloths to body/face. Give sips of water if victim is conscious—be sure water is consumed slowly. Seek immediate attention if vomiting occurs.
Heat Stroke	<ul style="list-style-type: none">» High body temperature» Hot, dry, red skin» Rapid, shallow breathing» Victim may not sweat» Possible unconsciousness	Call 9-1-1. Get the victim to a hospital immediately. Move victim to cooler environment. Try a cool bath, sponging. Watch for breathing problems.

Important Numbers / Information

POLICE:..... DIAL 911 OR #: 201-652-3900

FIRE:..... DIAL 911 OR #: 201-444-4224

POISON CONTROL:..... #: 800-222-1222

DOCTOR:..... #: _____

DOCTOR:..... #: _____

PEDIATRICIAN:..... #: _____

DENTIST:..... #: _____

HOSPITAL / CLINIC:..... #: _____

PHARMACY:..... #: _____

MEDICAL INSURANCE:..... #: _____

POLICY #: _____

MEDICAL INSURANCE:..... #: _____

POLICY #: _____

HOMEOWNER / RENTAL INSURANCE: #: _____ POLICY #: _____

..... FLOOD INSURANCE:.....

..... #: _____ POLICY #: _____

..... VETERINARIAN:.....

..... #: _____ KENNEL:

..... #: _____ ELECTRIC COMPANY:.....

..... #: 800-436-7734

GAS COMPANY:..... #: 800-436-7734

WATER COMPANY:..... #: 201-670-5520

ALTERNATE /ACCESSIBLE TRANSPORTATION: #: _____

OTHER:..... #: _____

OTHER:..... #: _____

OTHER:..... #: _____

Special Needs Assistance Form

The Ridgewood Office of Emergency Management (OEM) is developing a registry for individuals with disabilities, chronic conditions, functional, or special healthcare needs. By completing and submitting this form, you understand that information may be shared with state or local emergency responders (including Police, Fire, and Emergency Medical Services) during emergency situations only. The information you provide may help responders assist you during an emergency.

Please send completed forms to: **Special Needs Registry, Ridgewood OEM, 131 N. Maple Ave, Ridgewood NJ, 07450**

For questions please call: (201) 670-5500 x2380. If you cannot fill out this form on your own, please have a family member, caregiver, or other representative complete the form and submit it on your behalf.

NAME: First:	_____	Middle Initial:	_____	Last:	_____	SEX:	<input type="checkbox"/> M <input type="checkbox"/> F
DATE OF BIRTH:	____/____/____	STREET ADDRESS:	_____				
APT./UNIT/FLOOR:	_____	CITY/TOWN:	Ridgewood, NJ	ZIP CODE:	07450		
PHONE:	_____	CELL PHONE:	_____	TTY:	_____		
EMAIL:	_____	EMERGENCY CONTACT: Name:	_____	Phone:	_____		

Life Support Systems
<i>Check all that apply</i>
<input type="checkbox"/> Oxygen: <input type="checkbox"/> Tanks <input type="checkbox"/> Concentrator
<input type="checkbox"/> Respirator/Ventilator: <input type="checkbox"/> Have battery backup?
<input type="checkbox"/> Dialysis: <input type="checkbox"/> Clinic <input type="checkbox"/> Home
<input type="checkbox"/> Cardiac: <input type="checkbox"/> Pacemaker <input type="checkbox"/> Defibrillator
Are you diabetic? <input type="checkbox"/> Yes <input type="checkbox"/> No
Insulin-dependent? <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Other: _____ <input type="checkbox"/> None of the above

Mobility
Are you confined to bed? <input type="checkbox"/> Yes <input type="checkbox"/> No
Can you walk without assistance? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you live alone? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer
Which of the following do you use? <i>Check all that apply</i>
<input type="checkbox"/> Wheelchair/Mobility Vehicle
<input type="checkbox"/> Walker/Cane <input type="checkbox"/> Prosthesis: _____
<input type="checkbox"/> Crutches <input type="checkbox"/> Other: _____
<input type="checkbox"/> Assistive animal <input type="checkbox"/> None of the above

Sensory, Cognitive, and Psychiatric Conditions
Which of the following do you use?
<i>Check all that apply</i>
<input type="checkbox"/> Visually impaired <input type="checkbox"/> Speech impaired
<input type="checkbox"/> Legally blind <input type="checkbox"/> Non-verbal
<input type="checkbox"/> Hard of hearing <input type="checkbox"/> Cognitively/Developmentally delayed
<input type="checkbox"/> Use hearing aids
<input type="checkbox"/> Deaf <input type="checkbox"/> Autism Spectrum Disorder
<input type="checkbox"/> Seizure disorder <input type="checkbox"/> Alzheimer's/Dementia
<input type="checkbox"/> Other: _____ <input type="checkbox"/> Psychiatric Condition: _____
<input type="checkbox"/> None of the above

Language
In what language do you prefer to receive emergency communications or assistance?
<input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Italian <input type="checkbox"/> Portuguese
<input type="checkbox"/> Polish <input type="checkbox"/> French <input type="checkbox"/> Mandarin <input type="checkbox"/> Cantonese
<input type="checkbox"/> German <input type="checkbox"/> Greek <input type="checkbox"/> Russian <input type="checkbox"/> Vietnamese
<input type="checkbox"/> Korean <input type="checkbox"/> Japanese
<input type="checkbox"/> Other: _____

Other Disabilities, Special Needs, and Misc. Notes
Use the back of this form if needed
<input type="checkbox"/> _____

<input type="checkbox"/> New Registration	<input type="checkbox"/> Updated Registration
---	---

By signing this form and submitting it to Ridgewood OEM, **I agree to permit my information with local and state emergency responders to be stored confidentially for the next two years from signing.** I understand that this program is voluntary. I understand that this registry will help responders better assist me during an emergency, but that assistance cannot be guaranteed in all circumstances. I also understand that I may be contacted by phone or in person before, during, or after an emergency and accept all charges which I may incur.

Signature: _____ Print Name: _____ Date: _____

If completing on individual's behalf: Name _____ Relationship: _____



VILLAGE OF RIDGEWOOD
Office of Emergency Management

131 North Maple Avenue, Ridgewood, NJ 07451
201-670-5500 x2380 / OEM.RidgewoodNJ.net



AGE FRIENDLY
RIDGEWOOD

YOUR RESOURCE FOR 55 & OVER LIVING IN RIDGEWOOD
BUILDING A VIBRANT, ACTIVE, ENGAGED COMMUNITY OF OLDER ADULTS

Age Friendly Ridgewood is pleased to partner with Ridgewood's Office of Emergency Management to provide this Emergency Planning Guide.

We are a collaborative team of grant-funded part-time staff and volunteers whose goal is to promote awareness of the needs of adults 55 and over and to be a resource for those living in the Ridgewood area.

OUR MISSION

- To bring older adults into the conversation as our community plans for the future.
- To enrich the community through addressing physical spaces, mobility, and healthy lifestyles.
- To create opportunities for volunteerism and social and civic engagement.

Please see our website www.agefriendlyridgewood.org for resource listings about Housing, Transportation, Health/Medical and Community.

Also follow us on [Facebook](#).

You can also find an electronic version of this guide at www.agefriendlyridgewood.org/OEM-Emergency-Planning-Guide/