



OEM Spring & Summer Preparedness Outreach

Floods and Thunderstorm Safety

- Know your flood risk and pay attention to weather forecasts and warnings issued by the National Weather Service or the Township.
- **NEVER** drive around barricades or caution tape and don't walk or drive through flood waters. Turn Around, Don't Drown!
- When thunderstorms are in the area, no place outside is safe from lightning. Get inside a substantial building or hard-topped vehicle as soon as you hear thunder. Wait 30 minutes after the storm subsides to resume outdoor activities. Sheds, picnic shelters, tents, or covered porches do NOT protect you from lightning.
- While sheltering indoors during a thunderstorm, don't use a corded phone and stay away from electrical equipment and plumbing. Don't take a bath, shower, or wash dishes.
- During a Flood or Flash Flood, watch, be prepared to evacuate; make a plan and include your pets, transportation route, and possible destinations (friends, relatives, etc). Keep your car's gas tank at least $\frac{3}{4}$ filled, bring in outside furniture, unplug electrical appliances and bring valuables to high points in your home.
- Keep all trees and shrubs well-trimmed and clear loose and clogged rain gutters and downspouts.
- Prepare a "Go Kit" – Gather supplies you will need, keeping in mind each person's specific needs. Don't forget the needs of your pets. Obtain extra batteries and charging devices for phones and other critical equipment.
- If you have a sump pump, ensure it is in good working order before the storm season.
- Use a generator or other gasoline-powered machinery **ONLY** outdoors and away from windows.

Extreme Heat Safety

- Know the Signs of Heat Illness: Heat Exhaustion is characterized by feeling faint, excessive sweating, nausea or vomiting, muscle cramps, and a rapid, weak pulse. Get to a cooler location and cool down by taking sips of sports drinks or water.
- Heat Stroke is characterized by a throbbing headache, no sweating, red, dry, hot skin, nausea or vomiting, and a rapid, strong pulse. This is a serious medical emergency in which you should call 9-1-1 immediately.
- It is never safe to leave people or pets in a closed car on a warm day, even for a very brief time.
- Slow down; Wear loose, lightweight, and light-colored clothing; Take frequent breaks; Drink plenty of fluids; and seek shade when outdoors during a heatwave.
- Avoid high-energy activities or outdoor work during the peak midday and afternoon heat.

Visit [Ready.NJ.gov](https://www.ready.nj.gov) for more on how to Plan and Prepare!