

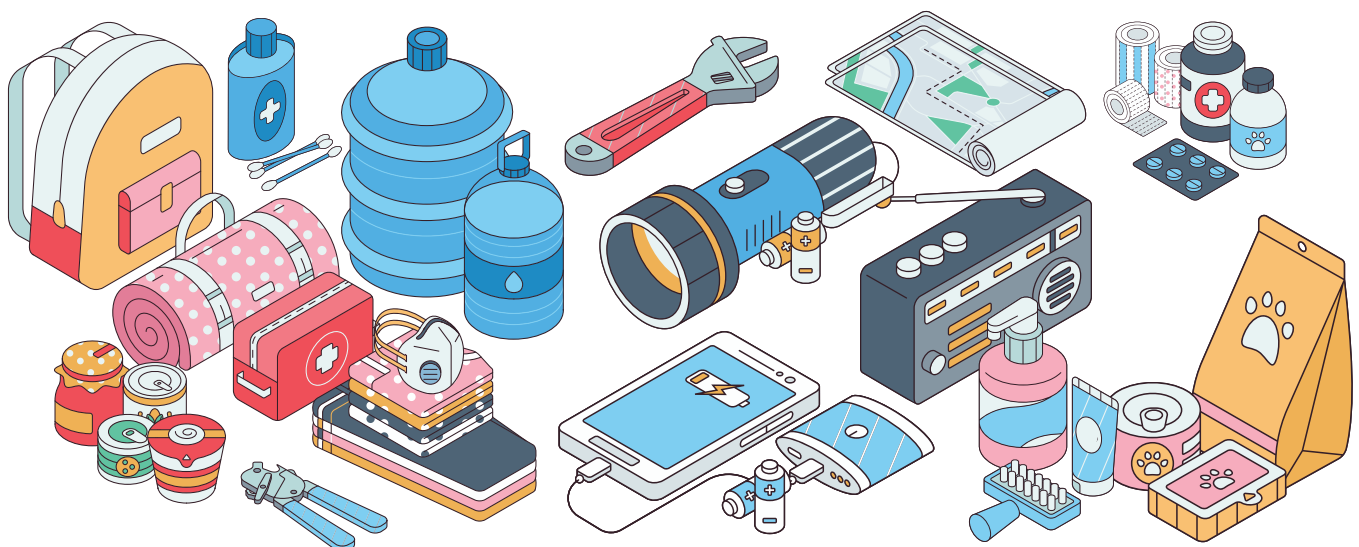


LET'S TALK ABOUT EMERGENCY PLANNING

DAY OF CARING 2025

Emergencies can happen at any time with little to no warning. There are resources in Erie County that can help you prepare for an emergency. Being prepared for anything from a natural disaster to a power outage makes a difference. Having a plan, supplies, and the right information can save lives. This kit will help you take simple steps now to protect yourself and your loved ones.

**This bag includes useful items to get you started.
Use the tips in this booklet to complete your kit.**



ACKNOWLEDGMENT

Dear Community Member,

Emergencies can happen with little warning, and having a basic emergency kit on hand can make a big difference. As part of our ongoing effort to support the health, safety, and resilience of our community, we are providing you with this starter emergency kit. This kit has been assembled by other community members to help you and your loved ones stay prepared in the event of an emergency. The items included are meant to provide essential resources when you need them most.

This initiative was made possible by Erie County, the United Way of Buffalo & Erie County, Live Well Erie, the Erie County Office of Health Equity, and Erie County Emergency Services. This collaborative partnership has allowed us to bring this valuable resource to you at no cost to you.

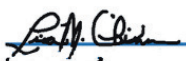
We encourage you to review the contents of your kit, store it in an accessible location, and consider adding any other items that are important to your household. Preparedness is a shared effort—and together, we can help ensure our community remains strong and ready for whatever comes our way.

Thank you for being a valued part of this initiative. Stay safe and take care.

Sincerely,



Trina Burruss
CEO-United Way of
Buffalo & Erie County



Lisa Chimera
Deputy County Executive



Kelly Marie Wofford
Director-Erie County
Office of Health Equity



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WHAT IS INCLUDED IN YOUR BAG:

Having a plan, supplies, and the right information can save lives. This bag includes useful items to get you started. This is not a complete emergency kit. Use the tips in this booklet to complete your kit. Keep adding to your kit a little at a time to get ready for an emergency.

**Items in your kit may differ slightly from images pictured below.*



DISPOSABLE HANDWARMERS

These single-use handwarmers provide long-lasting heat for your hands. Unwrap one and gently shake it to activate the heat. It may take some time for them to fully heat. This product expires 4 years from the date of production printed on the package.



EMERGENCY FOOD RATIONS

Each bar is divided into 6 pre-measured, ready-to-eat segments. Each segment provides 400 calories and requires no preparation. These emergency food rations are safe for people with nut allergies. They contain no meat. Each bar has a 5-year shelf life.



SIDEKICK 3-STAGE STRAW WATER FILTER

Use this straw to filter drinking water when you are not sure about water quality or safety. It filters out (removes) bacteria, chemicals, and heavy metals. This straw is designed to last and can filter up to 50 gallons of water before it needs to be replaced.



POP-UP LANTERN

An adjustable handle makes this battery-operated light source easy to use as a flashlight or as a lantern. Remember to remove the batteries when not in use to avoid potential damage.

MAKE YOUR OWN EMERGENCY KIT: VIDEO RESOURCES

These videos offer helpful tips to build different types of emergency kits.

Make your own general emergency kit with tips from Erie County emergency professionals.

Visit: bit.ly/DIYemergencykit

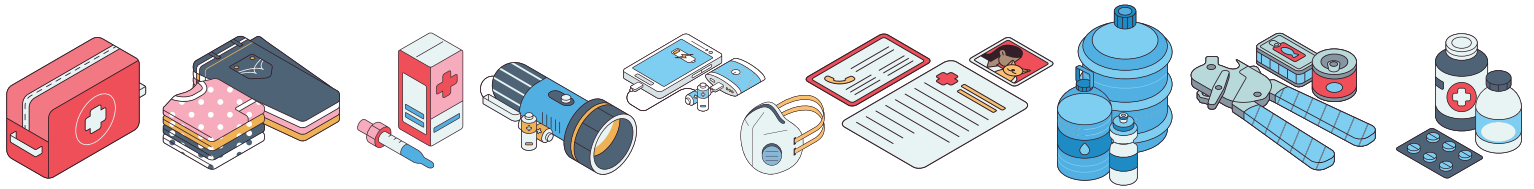


Build kits for your home and vehicles.

This video is available in 12 languages.

Visit: ready.gov/kit





EMERGENCY BLANKET

This thermal survival blanket is waterproof and windproof. It keeps you warm by retaining up to 90% of your body heat. This blanket is lightweight, easy to store, and reusable.



POWER BANK

This portable power bank is ideal for situations where you have no power and need to charge a smart phone or other electronic device. There are multiple cable types to choose from and the power bank can charge up to 4 devices at the same time.



REFLECTIVE TAPE

This reflective tape is meant to increase visibility in the dark. If possible, clean surfaces before applying this tape. This tape can be used on many kinds of surfaces. The reflective tape in your kit may be a different color than what is shown in this image.



EMERGENCY WHISTLE WITH LANYARD

This emergency whistle lets out a loud, high-pitched sound. It is made of sturdy materials so that it will not break easily. Use this whistle in emergencies to call attention to your situation.



NARCAN

Narcan is first aid. It is a life-saving tool that treats narcotic (drug) overdose in an emergency. Erie County Office of Harm Reduction offers FREE Narcan training. To learn more, visit: erie.gov/narcan.

Erie County has a YouTube playlist with several helpful emergency preparedness videos. To view the full playlist, visit: bit.ly/eriecountyemergencyprep

Plan for special medical or mobility needs for everyone in your home.

Visit: ready.gov/plan



Prepare your pets or livestock for emergencies with Erie County SPCA.

Visit: bit.ly/preparepetseriecounty





Each winter, we experience harsh storms across Erie County. Each part of the county is affected differently. Winter storms can be dangerous and cause emergencies with your health and inside your home. There are steps you can take now to keep you and your loved ones safe when a storm happens.

● WHY SHOULD WE PREPARE?

Winter weather can be extremely cold, windy and dangerous at times. You may not be able to drive your car or access public transportation. You might need to stay inside for a few days. You may lose power, making food storage and staying warm difficult. If you lose power, your landline phone will not work and you will not be able to charge mobile devices. You might run out of food, water, and heat quickly if you do not prepare before a storm. Making sure you have everything you need will help you survive and stay comfortable. It is important to have an **action plan for emergencies**. This will help make sure your loved ones, especially elders and those living with disabilities, are safe too.

CREATE A CIRCLE OF CARE

People in a circle of care offer each other practical help when things get tough. Together, your resources and knowledge will help the whole group stay strong during a winter storm. Your circle can include family, friends, neighbors, faith leaders, safe people, handy people, medical and mental health experts, and more.

In your circle, get together to find out what information and supplies you might be able to share. Make a **call tree** and a plan for what to do if roads are unsafe or power goes out. Talk about what you might need if you are stuck inside for a few days. Know who needs help shoveling, who needs oxygen and medicine, who needs to get to work, and who needs diapers and formula.

Learn how to make a call tree & an emergency action plan inside.



Erie County
Department of
Health



Public Health
Prevent. Promote. Protect.

OFFICE OF HEALTH EQUITY
www.erie.gov/health-equity

IMPORTANT TERMS



These terms are used on local news and Erie County social media during winter storms.

TRAVEL ADVISORY

Travel is not safe. Drive only if it is necessary or an emergency. Prepare to stay home.

TRAVEL BAN OR DRIVING BAN

A temporary law banning driving because roads are too dangerous. This gives snow removal workers space to clear the roads. Rules about parking may also change.

ESSENTIAL WORKER

A person who reports to work, even during a travel ban. These workers have identification that shows they can travel during a ban.

WINTER STORM ADVISORY

Winter weather is expected soon.

WINTER STORM WATCH

Winter weather conditions may become dangerous. Prepare for snow, sleet or ice buildup.

WINTER STORM WARNING

Heavy snow, sleet or ice buildup is expected to cause dangerous travel conditions.

BLIZZARD WARNING

Large amounts of blowing snow and fast winds will last many hours. Prepare to stay home.

Road closure & plowing info: erie.gov/dpw

Weather info: weather.gov/buf



OVEREXERTION Extra strain on your heart due to physical activity during cold weather may cause a heart attack. Signs include chest pain, shortness of breath, and discomfort in arm or shoulder. Call 911 right away if you experience these symptoms.

Learn more: bit.ly/signsofheartattack



HYPOTHERMIA When you are cold for a long time, your body's core temperature can drop below normal. Symptoms include uncontrollable shivering, slow speech, slow memory, stumbling, and drowsiness. This can cause permanent damage or death. If someone is experiencing these symptoms, warm them slowly to avoid shock and call 911 right away.



FROSTBITE A severe reaction to cold temperatures that can permanently damage your skin, muscle, and nerve tissue. Symptoms include loss of feeling and pale fingers, ears, and toes. Soak limbs in warm water or cover with a warm wash cloth until feeling comes back.

More about hypothermia & frostbite: bit.ly/CDCwintersafety

BEFORE WINTER



- Make sure you have a snow shovel or snow removal equipment and salt.
- Know how to shut off utilities in your home: water, gas and electricity.
- Know where toxic chemicals are in your home and keep them away from children.
- Check that your fireplace is in safe working order and store wood to use for heating.
- Store a working fire extinguisher in a place that is easy to retrieve. Shake monthly.
- Check that your carbon monoxide detector is functioning and not out of date.
- Carbon monoxide poisoning can become a risk from blocked dryer vents and snow covered furnace vents. Learn where yours are and keep them clear all year.

STAY WARM



If the power goes out, you may lose heat.

- Wear layers of clothing and keep your head, hands, and feet covered.
- Keep all the heat in one room or area of your home. Cover windows, doors & cracks with blankets or plastic wrap to insulate.
- Light candles. Keep them away from children and do not burn while sleeping.
- If you have a gas stove, get cooking! Cook foods that will spoil first. Do not use your stove to heat your home.
- Get moving! If your physical ability is limited, pile on heavy blankets and warm layers.
- Drink hot non-alcoholic beverages. Put a hot water bottle under your blankets.

BUILD A BLIZZARD KIT

A Blizzard Kit is a set of supplies useful in a cold weather emergency where you are stuck inside your home or car for a period of time. A good rule is to have enough supplies for each person and animal in your home to last three days or more.

BLIZZARD KIT FOR HOME

Your home Blizzard Kit can be a box you keep tucked away or a list of items you know you always have available in your home.

- Water: one gallon per person per day
- Canned & dry food: three day supply per person
- Baby formula
- Pet Food
- Can opener
- Warm clothing
- Sleeping bags & heavy blankets
- Battery-powered or hand-crank radio
- First Aid kit
- Important medicines
- Adjustable wrench & pliers
- Pocket knife
- Flashlight with extra batteries and/or lanterns and fuel
- Matches/lighter
- Propane stove or canned heat ethanol gel also called "Sterno"
- Snow shovel
- Portable or solar phone charger
- Personal protective equipment (masks, sanitizer, etc)
- Hand warmers

Bonus buy:

Plastic sheeting & tape to insulate windows
Home generator

Visit www.ready.gov/kit for prepping tips

BLIZZARD KIT FOR CAR

Your car Blizzard Kit can be stashed in the trunk or under a seat so long as it is accessible when stuck inside your vehicle.

- Full tank of gas
- Bottles of water
- Snacks
- Warm clothing
- Blankets
- First Aid kit
- Important medication
- Local map
- Pocket knife
- Flashlight & batteries
- Shovel
- Salt/sand/cat litter
- Snow brush
- Ice scraper
- Bright colored cloth or flares to use as a distress signal
- Window breaker
- Jumper cables
- Tow rope
- Portable phone charger

Bonus buy:

Snow chains or snow tires



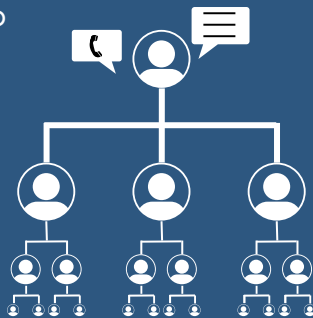
PREP ON A BUDGET

To find items for free, check out your neighborhood's Buy Nothing group on Facebook or Free Cycle listservs. These are great resources for finding household items, tools and more. More information here: buynothingproject.org and freecycle.org



MAKE A CALL TREE

Call trees have been used to share information for generations. Each person is responsible for contacting the people directly below them and reporting back if someone is not answering or needs help. Checking in on neighbors can happen quickly with a call tree. Your call tree may prevent neighbors from feeling isolated or lonely, too. Remember to make a plan for how to respond to needs and emergencies that come up during check-ins and what to do if phones are not working. Landline phones may not work when your power is out.



STAY SAFE

- Take breaks when shoveling & be careful when pushing stuck cars to avoid overexertion.
- A battery-powered AM/FM radio will still receive updates if the power goes out.
- Protect water pipes from freezing by keeping the water dripping from the faucet a little bit.
- If you take medication and live alone, make sure your pharmacist, doctor, and a person you trust know to get medications to you.
- If you use powered medical equipment, find out about back up power sources. Alert the electric company to prioritize your needs.
- If you have a disability that impacts speech, keep printed information explaining needs.

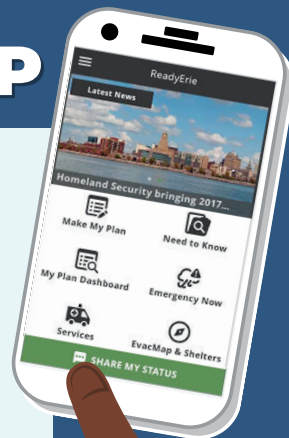


READYERIE PREPAREDNESS APP

The ReadyErie preparedness app is available for Erie County residents to make emergency plans and receive critical information and alerts from Erie County during emergencies. Answer 5 basic questions and receive your personalized Emergency Preparedness Plan.

- Get instant access to evacuation maps and safe routes
- Find the nearest emergency shelter & special services in your area
- Receive alerts from ReadyErie
- Create a family emergency plan & access detailed go-kit supply lists
- Broadcast your "I am safe" or "I need help" status with one single tap

More information here: www.erie.gov/readyerie 



WINTER SAFETY RESOURCES

EMERGENCY SHELTER

Erie County Temporary Assistance can help you find a safe temporary shelter, hotel or motel.

Mon-Fri 9am-5pm (716) 858-8000

After 5pm or weekends Dial 2-1-1

211wny.org or (800) 696-9211

CODE BLUE

When temperature is below 32°, warming locations open up across Erie County.

211wny.org Dial 2-1-1

Text "codebluebuffalo" or "codebluesouthernerie" to 898211

STUCK ON THE ROAD?

CALL 911 IF YOU ARE TRAPPED

Thruway Emergency (800) 842-2233

Roadside Assistance

FREE SAFETY TRAINING

First Aid For Free: First Aid, CPR & AED Training
firstaidforfree.com

Erie County Stop the Bleed Training (716) 858-7109

Erie County Opioid Overdose Recognition & Naloxone (Narcan) Use Trainings (716) 858-8701

Upstate New York Poison Prevention Training
upstate.edu/poison/community/train

HOME ENERGY ASSISTANCE

FUNDS & EQUIPMENT TO HEAT YOUR HOME

Erie County HEAP office (716) 858-7644

Erie County Senior Services (716) 685-6252

Weatherization Assistance Program



← More info online



THIS IS A PUBLICATION OF THE

ERIE COUNTY OFFICE OF HEALTH EQUITY

This publication is available in 5 additional languages.



The Erie County Office of Health Equity's vision is for everyone in Erie County to achieve maximum health and wellness. The Office of Health Equity is located within the Erie County Department of Health.

Want to learn more?

Visit www.erie.gov/health-equity

Email us at HealthEquity@erie.gov



Erie County
Department of
Health



Public Health
Prevent. Promote. Protect.

OFFICE OF HEALTH EQUITY
www.erie.gov/health-equity

PREPARE YOUR PANTRY

WITH TIPS FROM THE FOOD POLICY COUNCIL OF BUFFALO & ERIE COUNTY

THINGS TO CONSIDER

Each household is different. This list is just a starting point. Talk with your family about what works best for everyone.

DIET

Think about the amount of food you would normally eat in a day and plan potential meals accordingly. One can of pasta or beans will not feed five people.

COOKING

- When the power is out, electric stoves will not work. Some gas stoves have emergency shut off features that will not allow the burner to light without power.
- Canned goods, including vegetables, fruits, pasta, tuna fish, baked beans, and soups do not need to be heated to be safe to eat.
- Introduce emergency foods to children and picky eaters sooner to learn what your family prefers.
- Keep recipes ready on paper.
- Consider buying a camping stove or Sterno (jellied denatured alcohol) to use to heat food and beverages. Add matches to your supply list. Camping stoves are not safe to use indoors.

EQUIPMENT

Keep equipment on hand that is dedicated for emergency use, only. Canned goods will not work if your can opener is broken or missing.

- Heavy duty handheld can opener
- Paper products: plates, bowls, napkins, cups
- Cleaning supplies & paper towels

SHELF LIFE

Two simple ways to keep your pantry stocked:

1. Review and restock emergency pantry items along with your regular grocery shopping.
2. Review and restock emergency pantry items once or twice a year. Look for items with a shelf life. Track restock dates with your calendar.

FOOD SAFETY

Foods in your refrigerator are at risk of spoiling when power goes out. Note the time you lose power and keep refrigerator doors closed as much as possible.

- Eat foods that can spoil first.
- If power is restored within four hours, everything should be safe to eat.
- A full freezer will stay frozen for around two days, if the door remains closed. A less full freezer will stay frozen for about one day.
- If the temperature in your refrigerator rises above 45°F, discard things like meat, poultry, fish, dairy, eggs, soft cheeses, and cooked foods first.
- When in doubt, throw it out. Do not risk sickness.
- Print this food safety chart for power outages:
<https://bit.ly/poweroutfoodsafetychart>

SPECIALTY FOOD

Elders and people on special diets may not be able to consume regular canned goods. Family members with chronic illness like diabetes or diverticulitis may need special foods. Look for low sodium options and keep extra water on hand for rinsing canned food.

BABY FORMULA

Do not try to make baby formula at home. Do not water formula down. Keep a 10-14 day supply on hand if you can. For more information, visit: bit.ly/HHSFormulaTips

CAFFEINE & ALCOHOL

Limit caffeine and alcohol during stressful times. Keep non-caffeinated non-alcoholic beverages on hand, in addition to water, to ensure hydration.



PREP ON A BUDGET

You do not need expensive dehydrated meals or huge bins of grains to survive. There are ways to save money while creating your emergency supply.

- Add one or two items to your shopping list, per week. Canned goods are very affordable but some snack foods and high energy foods are not. Consider stocking more expensive items over time to save cash.
- Look for deals on bulk items and shop with a buddy. Bulk buying cases of can goods, granola bars, nuts, and soup can save money. Shop with neighbors and family to prepare together.
- Visit your local pantry. When your budget is too tight, a food pantry can help.
- Learn to can. Learning to preserve food can help maximize your food budget all year long. Fresh food is cheapest during the growing season. Purchase extra produce in summer and preserve it for winter. Be sure to follow good canning practices to make sure your food is safe to eat. Resources for learning about canning are available at your local library.



PANTRY CHECKLIST

BOTTLED WATER

- ☐ One gallon per person per day plus extra for washing

READY-TO-EAT CANNED FOODS

- ☐ Vegetables
- ☐ Fruits
- ☐ Meat
- ☐ Fish: tuna, salmon
- ☐ Poultry
- ☐ Beans: whole, refried, baked
- ☐ Pasta: Spaghetti Os
- ☐ Soup: Hearty soups & stew
- ☐ Juice: 100% fruit & vegetable
- ☐ Applesauce

MILK & MILK ALTERNATIVES

- ☐ Single serve shelf-stable brick packages
- ☐ Powdered
- ☐ Canned

HIGH ENERGY FOODS

- ☐ Peanut butter
- ☐ Jelly
- ☐ Nuts
- ☐ Dried meat (jerky)
- ☐ Granola & cereal
- ☐ Trail mix
- ☐ Energy bars

STAPLES

- ☐ Sugar
- ☐ Salt
- ☐ Spices, seasoning, black pepper
- ☐ Instant coffee, tea, cocoa

INFANT & SMALL CHILDREN'S NEEDS

- ☐ Baby food
- ☐ Formula
- ☐ Pouches
- ☐ Snacks

SIMPLE TO PREPARE FOODS

- ☐ Instant potatoes
- ☐ Dehydrated food
- ☐ Powdered eggs
- ☐ Dinner pouches

PET NEEDS

- ☐ Food
- ☐ Water
- ☐ Medicines
- ☐ Treats
- ☐ Absorbent potty pads

CANDY

- ☐ Hard candy
- ☐ Chocolate

EQUIPMENT

- ☐ Can opener
- ☐ Paper products
- ☐ Cleaning supplies

SCRIPT TIP

To build an emergency supply of your regular prescription medicines, order your refill ahead. Most insurers, including Medicare plans, will allow you to order your refill up to 5 days ahead of time. Do this twice and continue to order monthly and you will always have a 10 day surplus of medicine on hand.





This Emergency Care Kit includes tools and resources to help you & your household during an emergency situation.

Watch our video with a guide to your emergency care kit at bit.ly/3YxkbIB or scan the QR code.



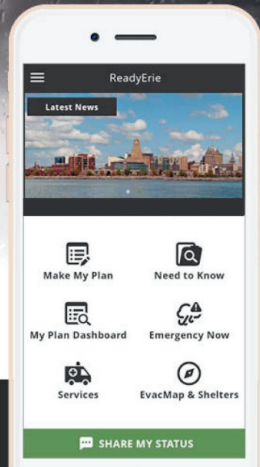
United Way
of Buffalo & Erie County



Keep your family and loved ones

SAFE.

Download the ReadyErie
Community Preparedness App today!



Get the ReadyErie app on your phone:
www.erie.gov/readyerie



Erie Path is Erie County's new smartphone app that helps parents and caregivers address the mental and behavioral health challenges faced by children and adolescents:

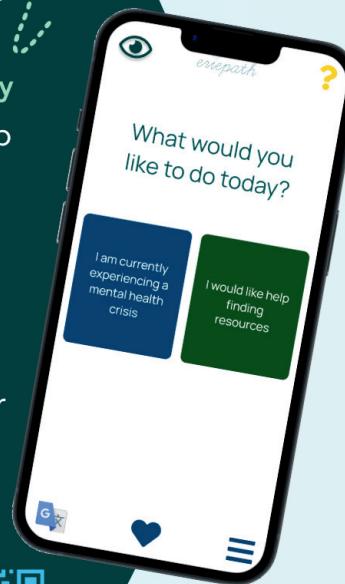
- **Find available programs and services** for children and adolescents.
- **Access information** that explains what their children and adolescents may face.
- **Explore practical strategies** for helping children and adolescents in their care.

erie.gov/eriepath

SCAN CODE WITH YOUR SMARTPHONE:

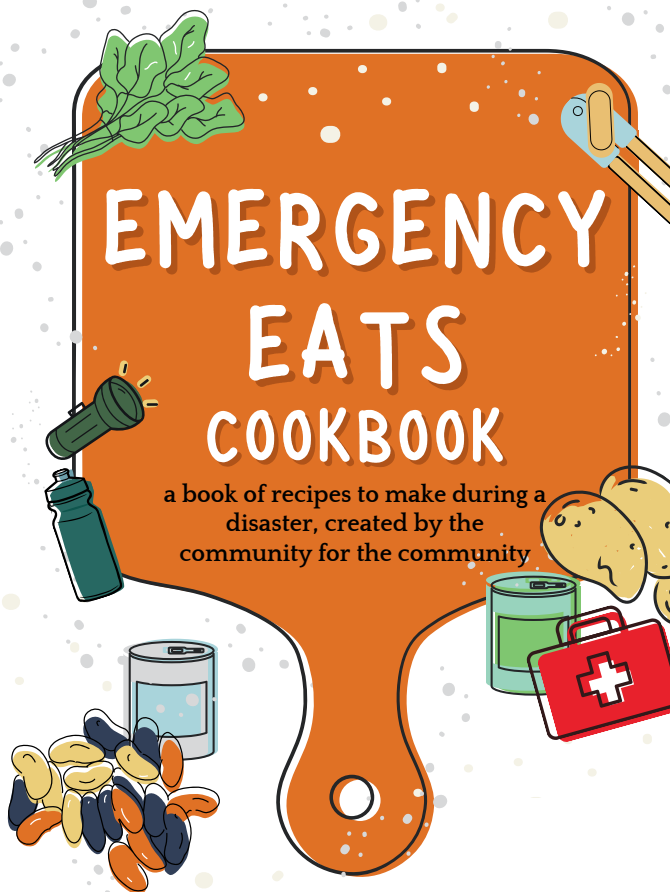


SCAN ME



Erie Path also includes resources for adult mental and behavioral health services, information for housing, employment, childcare, food pantries, medical care, social services, and senior services that can benefit adults and caregivers.





Get cooking this winter with the Buffalo and Erie County Food Policy Council's Emergency Eats Cookbook. This cookbook is filled with recipes that can be made during emergencies, especially when power, resources and fresh food may be limited.

To view or download the cookbook, visit erie.gov/emergencyeats or scan the QR code with your smartphone.

Happy cooking!



erie.gov/emergencyeats

The Food Policy Council of Buffalo and Erie County (FPC) is a collective of appointed stakeholders and community members—from consumer advocates to farmers to local governments.

The FPC's mission is to advocate for an equitable and sustainable food system for all of Buffalo and Erie County.

Email us to find out how you can get involved! Email: fpc@erie.gov.

ENERGY BITES



Preparation Time: 10 min.

Servings: 12

EQUIPMENT NEEDED

- Large bowl
- Spoon (wooden suggested)

INGREDIENTS

- 2 cups rolled oats
- 1 cup dried fruit (cranberries, raisins, or apricots)
- ½ cup nut butter (peanut butter, almond butter, or cashew butter)
- ¼ cup honey
- ¼ cup chopped nuts (walnuts, almonds, or pecans)
- ¼ teaspoon salt
- ¼ teaspoon vanilla extract (optional)



FIND MORE RECIPES
LIKE THIS ONE IN THE
EMERGENCY EATS
COOKBOOK!

DIRECTIONS

1. In a large mixing bowl, combine the oats and dried fruit.
2. In a separate bowl, mix together the nut butter and honey until smooth.
3. Add the nut butter mixture to the oat mixture and stir until everything is well combined.
4. Fold in the chopped nuts and salt.
5. If desired, add the vanilla extract for flavor.
6. Use your hands to shape the mixture into bars, about 1 inch wide and 2-3 inches long. You should end up with around 12-15 bars.
7. Store the bars in an airtight container or wrap them individually in plastic wrap, parchment paper or aluminum foil.

Submitted by Josh D'Angelo

Author: Kelly D'Angelo



NARCAN IS FIRST AID

NARCAN IS A LIFE-SAVING TOOL

ERIE.GOV/NARCAN

Stigma around Narcan hurts everyone.
Overdose rates are high in communities of color and Narcan saves lives.
Let's spread awareness & break the stigma.

LOOK

What does an overdose look like?

- For light skinned people, skin turns bluish purple
- For dark skinned people, skin turns grayish or ashen
- Face turns pale
- Fingernails turn blue or purple-black
- Lips turn blue or purple-black

LISTEN

What does an overdose sound like?

- Choking
- Gaspings
- Heavy snoring or gurgling sounds

KNOW

What are other symptoms of overdoses?

- Loss of consciousness
- Unresponsive to touch
- Vomiting
- Limp body

NARCAN IS A LIFE-SAVING TOOL

ERIE COUNTY OFFERS FREE NARCAN AND OTHER HARM REDUCTION SUPPLIES

Businesses and individuals can contact the Erie County Department of Health to receive supplies.

To order harm reduction supplies:

Call: 716-858-7695

Text: 716-225-5473

Email: harm.reduction@erie.gov

Web: erie.gov/narcan

Visit: 1st Floor Lobby at the Rath Building, 95 Franklin St, Buffalo, NY 14202

ERIE COUNTY OFFERS FREE NARCAN TRAINING VIRTUAL & IN-PERSON

Learn about the principles of harm reduction, signs and symptoms of overdose, and how to give Narcan. Ask questions about the Good Samaritan Law, peer navigation, treatment, and support.

Training is available virtually & in-person. Training can be focused on businesses, organizations, community groups, families, and individuals.

How to use Narcan® Nasal Spray for an opioid overdose



KNOW THE SIGNS OF OVERDOSE

- Person is passed out and you cannot wake them up.
- Breathing very slow, making gurgling sounds, or not breathing at all.
- Lips are blue or grayish color.



CHECK FOR A RESPONSE

- Shake them and shout to wake them up.
- If no response, grind your knuckles into their chest bone for 5-10 seconds.
- If the person still does not respond, call 911.



CALL 911

- Tell the 911 dispatcher, "I think someone has overdosed!"
- If you report an overdose, you and the overdosed person have significant protections under the New York State Law from being charged with drug possession, even if you shared drugs.

Rescue breathing steps



Tilt the head back, lift the chin, and pinch the nose.



Start with two breaths into the mouth. Continue with one breath every 5 seconds.

The person's chest should rise and fall with each breath; if not, check to make sure the head is tilted back and the mouth is clear.



Keep doing rescue breathing until the person breathes on their own or until medical help arrives.

How to give Narcan® Nasal Spray



- Take Narcan® Nasal Spray out of box.

- Peel back tab with the circle to open the Narcan® Nasal Spray.

IMPORTANT: Do not remove Narcan® until ready to use and do NOT test the device.



- Hold the Narcan® Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



- Tilt the person's head back and provide support under the neck with your hand.



- Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.

- Press the plunger firmly to give the dose of Narcan® Nasal Spray. Remove the Narcan® Nasal Spray from the nostril after giving the dose.



- Wait and watch the person closely.
- If the person does not respond in 2-mins, repeat the steps and give the second dose of Narcan® Nasal Spray in box.



- Call 911 right away, if you have not done so already.
- Roll the person on their side and place them in the 'recovery position'.

Caring for someone after you give Narcan®

- When the person wakes up, explain what happened. Tell them not to take any more drugs because that could cause another overdose.
- Naloxone, the medicine in Narcan®, wears off in 30 to 90 minutes. Stay with the person until they go to the hospital, or until the naloxone wears off, to make sure they do not overdose again.
- If you do not seek medical care, stay with the person for at least 3 hours and watch for signs of returning overdose. Call 911 if the person is not OK when they wake up.
- When the ambulance arrives, tell them that naloxone has been given.
- If you need to leave, turn the person on their side (recovery position) to prevent them from choking.
- Go back to the program that trained you or to a pharmacy, tell them you used the kit and get more naloxone.

Resources

- New York State Department of Health, AIDS Institute, Opioid Overdose Initiative: 1-800-692-8528, www.health.ny.gov/overdose
- New York State Office of Alcoholism and Substance Abuse Services (OASAS): 877-8-HOPENY (877-846-7369), www.oasas.ny.gov
- New York City Department of Health and Mental Hygiene, NYC Well: 1-888-NYC-WELL (1-888-692-9355), text "WELL" to 65173, <https://nycwell.cityofnewyork.us>
- Harm Reduction Coalition: www.harmreduction.org/our-work/overdose-prevention

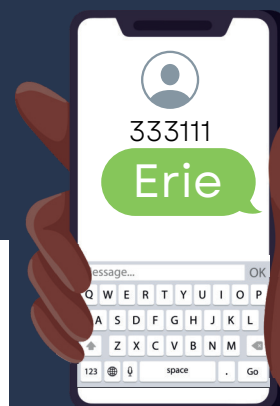
If the person is not breathing, do rescue breathing (or CPR if you know it) ➔



Department of Health

New York State Emergency and Weather Alerts

Text your county name to 333111 for real-time emergency and weather alerts.



For more information, visit: www.dhSES.ny.gov/emergency-alerts

Do not include the word "county." Do not include any spaces or punctuation marks. This alert system works with all cell phone carriers. Message and data rates may apply.

Are you a caregiver?

Remember to make a plan for your loved ones, too!

For more information, read the
Disaster Preparedness Guide for Caregivers.

Visit: bit.ly/DisasterPreparednessforCaregivers



2.1.1

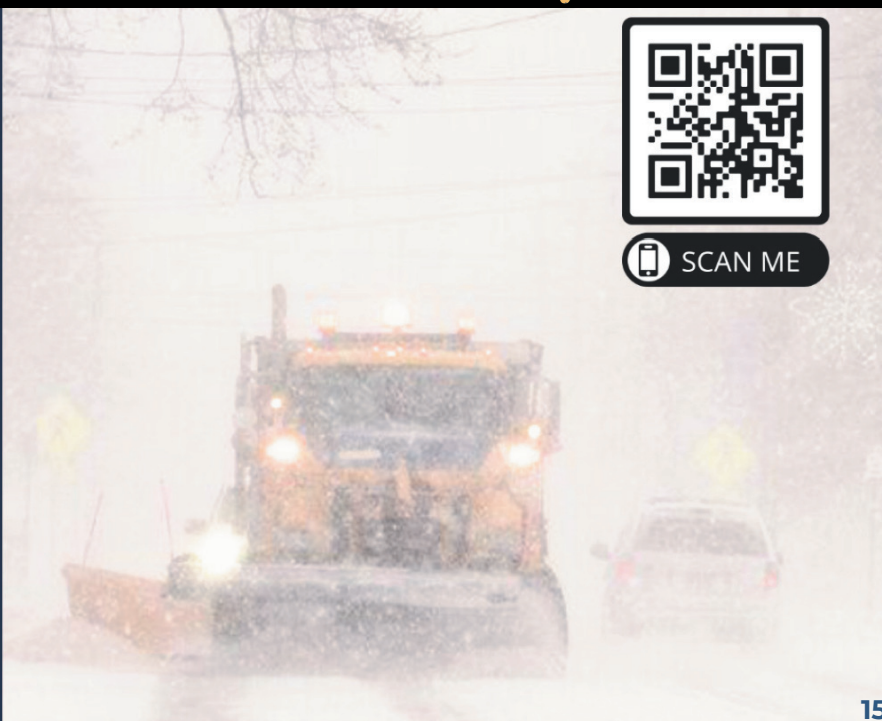
Western New York

Get Connected.
Get Answers.

Text your zip code
to **898-211**



SCAN ME



USEFUL PHONE NUMBERS

**MEDICAL EMERGENCIES
SUICIDE PREVENTION & CRISIS LIFELINE
UPSTAE NY POISON CENTER**

**DIAL 911
DIAL 988
800-222-1222**

ERIE COUNTY NON-EMERGENCY LINE

716-858-SNOW (7669)

*ACTIVE DURING A STATE OF EMERGENCY

**ERIE COUNTY NON-EMERGENCY
SHERIFF'S DISPATCH**

716-858-2903

WNY 211

2-1-1

SUPPORT WITH FOOD, SHELTER, AND MORE

CITY OF BUFFALO CALL CENTER

3-1-1

CRISIS SERVICES

716-834-3131

crisisservices.org

*ASSISTANCE DURING OR AFTER A CRISIS OR
TRAUMATIC EVENT

NYS CHILD ABUSE HOTLINE

800-342-3720

nyschildrensalliance.org

**FAMILY JUSTICE CENTER DOMESTIC VIOLENCE
SAFELINE**

716-558-SAFE (7233)

fjcsafe.org

ERIE COUNTY WATER AUTHORITY

GENERAL INFO: 716-849-8444

EMERGENCIES: 716-684-0900

NYSEG GAS EMERGENCY LINE

800-572-1121

nyseg.com

NATIONAL FUEL EMERGENCY LINE

800-365-3234

nationalfuel.com

NATIONAL GRID DOWNED POWER LINES

800-867-5222

REPORT POWER OUTAGES ONLINE:

nationalgridus.com

NATIONAL GRID GAS EMERGENCY LINE

800-892-2345

LAST TO GET POWER? CALL NATIONAL GRID

800-867-5222

IF YOUR NEIGHBORS HAVE POWER BACK,
BUT YOU DO NOT

We Want to Hear From You!

Let us know if you found this kit useful by completing the survey linked below. The survey takes 5 minutes to complete. Your response is confidential.

Visit: bit.ly/EmergencyKitFeedback



OFFICE OF HEALTH EQUITY



Erie County
Department of
Health



www.erie.gov/health-equity