WHO WE ARE
The goal of the Norfolk State University Police Department (NSUPD) is to ensure the safety and well being of the university community. NSU has developed a Crisis Emergency Management Plan (CEMP). The plan provides a sound basis for emergency preparedness, including procedures designed to minimize the loss of life and property. It also outlines operations to expedite recovery from any disaster that may confront the university.

CONTACT US
Non-Emergency: (757) 823-8102
Emergency: 757-823-9000
Anonymous: 757-823-2148
E-mail Address: www.nsu.edu/Police

RESOURCES
Crisis Emergency Management Plan
www.nsu.edu/EmergencyManagementPlan
National Weather Service
www.weather.gov
Fema
www.fema.gov

• Be aware of the types of emergencies and hazards that potentially affect your area of residence.

• Plan a meeting with your family, roommates and co-workers to discuss disaster preparedness.

• Discuss what to do in case of an evacuation, including driving routes, meeting places and list of contacts.

• Update your phone contacts; add an “In case of emergency” (ICE) contact. Cell phone service may be unreliable in the aftermath of an emergency.

• Determine how you will exit your dorm, apartment or house in case of an evacuation. Know at least two ways to get out safely.
DISASTER PREPAREDNESS
A disaster can occur when we least expect it. Developing a plan of action and preparing a disaster supply kit are two critical steps to prepare for the unexpected. Practicing your plan and knowing how to respond can save time and lives.

IMPORTANT TO KNOW
Your kit should be in a portable container. Place a light source at the top of your kit so you can find it quickly in the dark. Do not overload your kit in case you have to carry it long distances to reach safety or shelter.

EMERGENCY PREPAREDNESS CHECKLIST
When disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster by planning ahead.

THE IMPORTANCE OF KEEPING BACKUPS
The loss of irreplaceable items such as personal photographs or digital information is a major cause of depression following a disaster. Make copies of photos, important documents and valuable digital data to put in your disaster supply kit.

Check your kit regularly to use any items that will expire and replace them with fresh items.

物品清单
- 背包，带有多个隔层，用于存放物品
- 三天的食品（方便面、蛋白质棒、罐装食品、干果、花生酱、坚果和果汁盒）
- 水，至少3加仑
- 卫生用品包（牙刷、牙膏、洗发水、乳液、肥皂、除臭剂、手巾、梳子、润唇膏和网状淋浴袋）
- 急救包
- 三天的任何需要定期服用的药物
- 大号电池供电手电筒或手摇手电筒和电池
- 手摇应急收音机或便携式收音机，配以电池
- 应急毯（铝箔保温）
- 个人用品
- 额外的现金和硬币
- 垃圾袋和束带
- 重要文件的副本
- 湿巾或小包婴儿湿巾
- 一件干净的备用衣物

计划、实践、准备
"一个关键的要素是成为灾难的抵抗者"