



- 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.

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



DISASTER AWARENESS

A Safety Guide for Students,
Faculty and Staff



**NORFOLK STATE
UNIVERSITY**

www.nsu.edu

EMERGENCY PREPAREDNESS STARTS WITH YOU!



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.

DISASTER PREPAREDNESS “A KEY ELEMENT OF BECOMING DISASTER RESILIENT”



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.

PLAN | PRACTICE PREPARE

ITEMS TO INCLUDE IN YOUR EMERGENCY SUPPLY KIT

- Backpack with multiple pouches to hold items
- A three-day supply of food (noodle packs, protein bars, canned goods, dried fruit, peanut butter, nuts and juice boxes)
- Water, at least 3 gallons
- Hygiene kit (toothbrush, toothpaste, shampoo, lotion, soap, deodorant, washcloth, comb, lip balm, and mesh shower bag)
- First aid kit
- A three-day supply of any meds that are taken regularly
- Large battery powered flashlight or crank flashlight and batteries
- Hand crank emergency radio or small portable radio with batteries
- Emergency blanket (foil thermal)
- Toiletries and personal items
- Extra cash and coins
- Garbage bags and ties
- Copies of important papers
- Moist towelettes or small box of baby wipes
- A change of clean clothes

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