



**Assemblyman  
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## Numbers to Know

If you need emergency assistance, call 911 immediately.

### Government Agencies

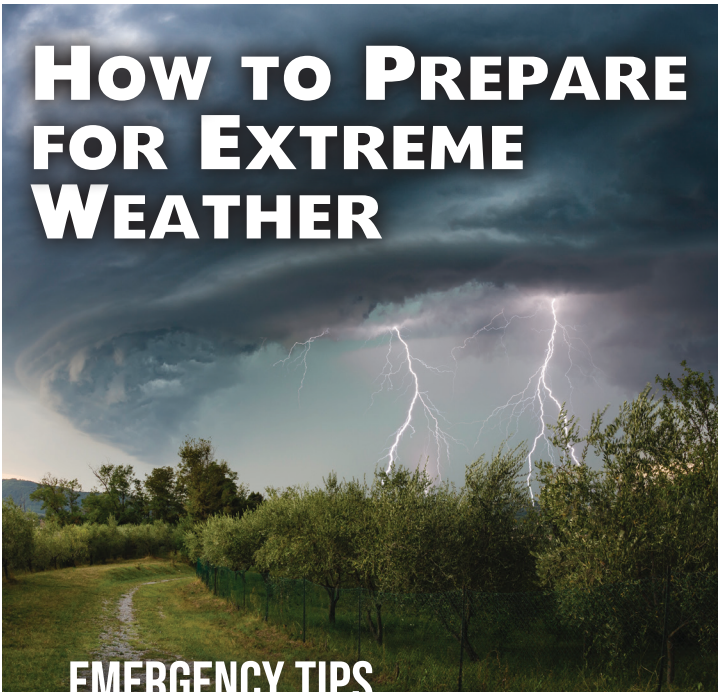
**Disaster Distress Hotline -  
Counselling Services**  
1-800-985-5990

**National Grid - Electricity**  
1-800-642-4272

**DFS Disaster Hotline -  
Financial Support**  
1-800-339-1759


**The American Red Cross -  
Shelter/Meals**  
1-800-733-2767

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# HOW TO PREPARE FOR EXTREME WEATHER

EMERGENCY TIPS  
FROM ASSEMBLYMAN  
CHRIS TAGUE



New York State Assembly  
Albany, NY 12248

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To my constituents,

In 2011, the home and life I worked so hard to build was destroyed by Hurricane Irene. I understand the devastation, both physically and mentally, that comes from being impacted by a natural disaster, which is why I want to help protect you.

This year has proven to be more difficult than most. As your Assemblyman, I will continue to fight in Albany to make your life better, but I know there are some things that are out of my control. From severe weather rolling in to the extreme summer heat, I want to ensure that you and your families remain safe.

Please keep the 'Numbers to Know' panel on your fridge, near a phone, or somewhere you can access it if needed. Be safe out there.

Best wishes,  
CHRIS TAGUE





## HEAT

If you are going to be outside in the extreme heat, make sure you drink plenty of fluids and rest when needed. There are a multitude of health complications that come from being exposed to extreme heat. It is important to know and recognize the symptoms so you can treat them promptly:

- Rapid, strong pulse
- Nausea
- Confusion
- Dizziness
- Fainting
- Muscle cramps

If you or a loved one is experiencing a medical emergency, call 911 right away.

### DID YOU KNOW?

Heat stroke is the most serious heat-related disorder. If your temperature goes above 104°F and you are experiencing or witnessing the above symptoms, seek medical attention immediately.



## FLOODING

With record breaking amounts of rain in the region, knowing what to do when flooding occurs can save your life.

### BEFORE A FLOOD

- Keep up with weather updates on either a local or national weather channel
- Explore FEMA flood maps to know your level of risk for flooding
- Establish a family plan so you are prepared before disaster strikes

### DURING A FLOOD

- Move to higher ground
- Do not walk or drive through flowing water
- Avoid downed wires - electrocution is a serious problem during floods

### DID YOU KNOW?

Your car can be swept away in as little as two feet of water. Avoid driving through flooded areas - turn around, don't drown.



## SEVERE STORMS

High temperatures and humidity create the perfect environment for intense storms. While thunderstorms are often quite relaxing, sometimes they get out of control and require preparation.

- Move indoors and stay away from windows
- When lightning is present, avoid using running water
- Make sure your cellphones are charged in case of a power outage

### DID YOU KNOW?

Lightning has the ability to travel through plumbing and water lines. Avoid using running water until the storm has passed.