

# Town of Essex



## Emergency Preparedness Guidebook

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The next time a disaster strikes you may not have time to prepare.  
Having a **Family Emergency Plan** and **Home Shelter Kit** can help  
you cope with unexpected conditions.



# Emergency Preparedness

**When weather-related** emergencies strike, emergency responders at the local, state and sometimes federal level are mobilized to help protect lives and property.

Area first responders can only do so much during or shortly after an emergency or disaster, especially when extensive damage, blocked roads, and/or power outages are widespread due to snow, ice storms, or hurricanes. This is why you should **prepare a plan beforehand** for the safety and comfort of you and your family. Listen to media warnings and recommendations and **take them seriously**. Remember, although Federal, State and Town governments plan for All-Hazards, they may be overwhelmed by the scope of the emergency or disaster.

Local and recent severe weather events are becoming more frequent and impactful to our rural community. Examples include Tropical Storm Isaias (2020), Storm Ida (2021), Tropical Storm Henri (2021), and Blizzard Bobby (2022). Recall that during T.S. Isaias, shoreline communities were overwhelmed by fallen trees and power outages that lasted up to 10 days. It is likely that more powerful storms or a hurricane will eventually hit Connecticut.

## **Be Aware** - Loss of electric power can mean:

- No safe drinking water or water for bathing.
- No lights
- No refrigeration
- No heat or air conditioning
- No gasoline, propane, or fuel
- No grocery stores or restaurants.
- No communications, no TV, cellular, Wi-Fi, or internet services
- No ATMs, credit card usage or other electronic payment systems

## **Be Prepared** - **5-7 days** of essential supplies for every member of your household

- Store drinking water beforehand (1-gallon per person per day).
- Have battery-powered lights, flashlights, and radios.
- Store ice cubes for temporary food storage. Use food early that cannot be adequately preserved.
- Keep warm clothes and blankets readily available.
- Fill your vehicle's gas tank before a storm. Fill propane tanks for grilling and have fuel for generators.
- Keep your cell phones, electronic devices, and battery power packs charged.
- Keep cash safely available.

## **Plan Ahead**

- Choose two places where your family can meet in case you are separated, one in your neighborhood, and one outside it.
- Choose family contacts away from home whom you can use as central contacts to help you find one another.
- Know alternate routes for getting to/from your home, work, school, or emergency shelter.
- Prepare a **Home Shelter Kit** (see page 9) of items that you can access if you need to evacuate quickly; bring all your essential medications. Shelters **do not** stock or dispense medications.

- Make a plan to keep your pets safe. (Store extra pet food, water and your pet's First Aid supplies or medications.)
- Fill out and keep an emergency card in your wallet. (See last page of this booklet for a copy that you can use.)
- If necessary, wear a medical alert tag.
- Give a key to your house to someone you trust who can check on you.
- As a preventive measure, trim or remove trees that could threaten your home in high wind conditions.

## State of Mind

Admitting the reality of a possible emergency is important because denial undercuts preparedness. Take advance warnings seriously.

It is natural to become frustrated and angry during extended power outages. Be assured that workers are doing their best to fix things. Repairing a broken power grid is a risky and complicated job. Do not feed the frustration. A patient attitude really helps.

Remain calm but alert and encourage others to do likewise. Some people take the positive approach of treating the power outage as a vacation from the media and technology – a time to live simply and foster personal connections.

If you have enough warning, think ahead about any appointments that you might have to cancel or postpone. Call beforehand to touch base. You may not be able to reach them afterwards. (Power sometimes shuts off before the storm arrives in your area.)

Make sure that your prescriptions will last at least 2 weeks after a weather event hits.

## Water

Having a supply of water on hand is important for drinking, cooking and sanitation purposes. It is recommended that you **store at least one gallon of water per person per day** – even more if your bathroom facilities depend on a private well. Water for toilets can best be saved in your bathtub if you fit the tub with a plastic liner first (to avoid drain leakage).

If you have a well, **do not run water without electricity.** You may have enough pressure for a short while, but this could prevent the pump from working properly once power returns. You may have to prime the pump to get it restarted. To avoid this, it is best to shut main spigots off (under sinks and toilets) until power is restored.

If you need to purify drinking water, use 8 drops of liquid chlorine bleach (with no additives or fragrances) for every gallon of clear water, or 16 drops of bleach for every gallon of cloudy water. You can also boil the water for at least one minute. Or add purification tablets according to directions.

## Food

During an extended power outage, perishable food needs to be used quickly, kept cold or thrown away. You can preserve perishable foods for a while by storing them in an insulated container (cooler) with ice. During winter storms, the insulated container can be kept outdoors where temperatures are cold. Make sure to secure outdoor containers from roaming animals.

Keep a supply of non-perishable food available for use during extended power outages.

## Radio

Keep a battery-powered radio on hand to stay informed about what is going on and what you may need to do. Make sure that you have fresh batteries. Listen to radio stations 1420 AM WLIS or 1080 AM WTIC or 1150 AM WMRD for emergency updates. Remember, your car has a radio.

## Notices

Information signs will be posted at the Essex Elementary School, Firehouse, Town Hall and Ivoryton Green. If you have Internet access, check the Essex Town Hall website at [www.essexct.gov](http://www.essexct.gov) or verified Town of Essex-government social media pages for more updates.

## Cell Phone & Social Networking Protocols

During severe weather events and their aftermath, it is possible for cellular phone networks to become overwhelmed, which blocks emergency communications. Please keep all phone calls brief. When reporting an emergency, have details ready to reduce your time on the phone.

After a disaster strikes, do not use your mobile device to access streaming videos or music or games. This can lead to network congestion and prevent 911 calls from getting through.

Make sure your cell phone is fully charged before an event strikes. Keep charged batteries and cell phone chargers available. Extend your cell phone's charge by reducing the brightness of the screen or setting it to "airplane mode". Close other applications that are not in use. Use text messaging rather than long verbal discussions.

For your own protection, save a list of emergency phone numbers in your cell phone. Prepare a family contact list as well with at least one out-of-town relative who can serve as a central contact for separated family members.

Subscribe to text alerts from local or state government to keep you informed about changing conditions, repair progress and other important notifications. To receive local alerts directly to your cell phone or email, **sign-up for** [Safer Essex Notifications](#), on the Town of Essex website [www.essexct.gov](http://www.essexct.gov).

## Refrigerator

A well-insulated refrigerator will sustain cold temperatures for up to four hours if the door remains closed, which is good for short-term outages. Add bags of ice to extend this period. Once the ice is gone, the refrigerator will lose its capacity to safeguard food. A fully packed freezer will maintain freezing temperatures for up to 48 hours. It helps to have an appliance thermometer in your refrigerator and freezer to monitor conditions.

Food that needs refrigeration can be stored in insulated containers outside the house. Make sure to secure them adequately from roaming animals.

Frozen foods, especially meat products, if thawed and not used immediately (cooked thoroughly to kill bacteria), must be discarded for health safety reasons. When in doubt, throw the food out. Remember, every time you open the refrigerator door, some of the cold is lost.

If you have enough warning before a storm, make and store ice. Prepare smaller, insulated coolers that can be tightly filled with frozen foods and bags of ice. If you can, start using perishable foods before you lose power so as not to waste them.

## Generator

Having a portable generator properly connected to your house and properly maintained is ideal for surviving weather-related power outages. Make sure to have it professionally installed to avoid hazards. Always keep it properly ventilated to prevent carbon monoxide (CO) poisoning when in use. If you have sufficient warning, make an educated guess as to how much fuel you need to store. Do not run it constantly for days. Follow manufacturer's directions for optimal performance. Note: some generators require the oil to be changed after running for a day or two. Check the generator periodically throughout the year to make sure that it works. When possible, put fresh batteries in your home's CO detector before using the generator.

## Utility Companies & Public Works

Most power outages are caused by downed trees, branches, and utility poles. Town crews (and sometimes contractors) clear the roads of fallen trees and debris, however they cannot clear trees which are tangled in wires. When power lines are involved, utility companies must first ensure there are no live wires before any tree or debris removal can start.

Delays can be caused by high wind conditions, during which no one is allowed to work on dangerous power lines. Preliminary assessments take time and can delay starting any restoration. Power lines need to be cut off from power and grounded before tree cutting starts.

Utility crews, some coming from out-of-state (and even from Canada), stagger their breaks so that most of them are working at any given moment. Progress goes faster during the day when visibility is good. Break times are mandatory to keep workers alert.

Towns prioritize certain areas for repair, especially areas that provide vital services, such as hospitals, community water systems, schools, or elderly housing.

Power grids are complex. One street may regain power while the neighboring street does not. The important thing is to be patient. Everyone involved is doing the best that they can.

## Winter Storms

Weather-related emergencies during winter months present special problems. An extended loss of power means a lack of heat for most houses. Heavy snow or ice can impede or prevent travelling to a shelter or safer location and the Governor can impose travel bans. Water supplies can freeze. Pipes can burst. Getting help may be difficult or impossible in the short-term.

Heavy snow accumulations can jeopardize the integrity of roofs to the point of ruin or collapse. Falling icicles make for dangerous projectiles.

In the case of power outages, safeguard your home as much as possible beforehand. Adequate insulation reduces the loss of interior heat (and lowers heating bills as well).

Supplemental heating sources, such as a kerosene heater, can make all the difference in the world, but pose other risks. Use them carefully and according to the manufacturer's recommendations. Make sure you have an adequate supply of fuel at hand. Do not use without proper ventilation. Check to make sure the appliances work well before the weather event occurs, and that CO detectors have fresh batteries.

Camp stoves can be used for cooking. Check periodically to make sure that they work. Keep supplemental propane canisters for emergencies. Use outdoors or make sure that the room remains ventilated to prevent CO poisoning.

Keep blankets on hand. Wear warm clothing, preferably in layers. Remove outer layers while working to prevent them from getting moist from perspiration.

Make sure that you have a good snow shovel, sand, and salt. Have the phone number of a good plowing service. Do not overdo outside work, such as shoveling snow. Rest frequently, or have someone help or do the work for you. Consider investing in a snow blower.

Consider staying at a shelter or with friends or relatives who still have power. Remember to bring your own prescription medications and toiletries.

If you have health issues, register with the Town of Essex Health Department beforehand and emergency responders will check on you. (The registration form is on pages 13-16.)

If you hear that the shelter is opening before the weather event strikes, consider going there early to avoid hazardous conditions. (See *Emergency Shelter and Resources*.)

## Money

ATMs, credit card scanners and other electronic payment systems may not work during power outages. Banks will probably be closed. Keep cash available in a safe place.

## First Aid Kit

If you do not have a First Aid Kit, get one, and keep it handy and well supplied. (See page 11)

## Fire Extinguisher

Have a portable fire extinguisher in your home. If a fire starts and phone service is down, it will be difficult to get help. Supplemental cooking devices, such as camping stoves, always pose a fire risk. Fire extinguishers should be easily accessible and regularly maintained in order to function properly. Remind all your household members where the fire extinguisher is and how to use it.

## Emergency Shelter and Resources

Be aware of locations that provide shelter resources. For Essex and the Tri-Town area, we use **John Winthrop Middle School**, at **1 Winthrop Rd., Deep River**. It is off **Route 9, Exit 7 on Route 80**. This state-of-the-art facility provides a place for water refills, hot showers (bring your own toiletries and prescription medications), electronic device recharging, and 3 hot meals a day served in a clean, cafeteria setting. Displaced people can stay there overnight. Volunteers run the shelter services, and no one is turned away. As an added bonus, one can enjoy a supportive environment among friends and neighbors.

Remember to bring your prescriptions. No pets are allowed at the shelter.

The shelter does not have vehicle charging stations.

Closer locations may provide water, emergency supplies and mobile device recharging. Listen to the radio and local alerts for details.



## 911

Do not call **911** unless you are in a life-threatening situation. It is important to keep lines open for people who really need them. If you need to call 911, have all relevant information ready beforehand so as not to keep the dispatcher on the line longer than necessary.

## The Landfill

The Essex Landfill may be open for extended hours following the event. Listen to the radio for more details. Please note: the Town does not provide curbside pick-up of brush.

## Robo-Calls (Reverse 911)

Emergency Management provides automatic telephone notices (reverse 911) throughout the community for those who still have land-line phone service. Listen to them for updates and recommendations. To receive automatic notifications to your cell phone or email, see **Safer Essex** below.

## Safer Essex Notifications

The Town of Essex has an emergency notification system to alert citizens about emergencies and other warnings. These notices go out to everyone whose phone numbers are published in the phone book. To receive alerts directly to your unpublished cell phone or email, sign-up for [Safer Essex Notifications](#), on the Town of Essex website [www.essexct.gov](http://www.essexct.gov). Scroll down to the bottom of the home page, click on the **Safer Essex Notification** box, and follow the instructions. You can also register by calling the selectman's office at **860-767-4340 x112**. Include any special needs information that you may have.

## Special Accommodations for the Elderly or Disabled

Special accommodation for those who are non-ambulatory or have special needs may be provided by health agencies and first responders. Registration for services should be made before emergencies happen and before communication systems are down. People can register at the Health Department at the Town Hall at **860-767-4340, Ext. 118**, the Essex Ambulance Association at **860-767-1730**, or the Visiting Nurses of the Lower Valley at **860-767-0186**. Use the application for **Evacuation Registry for Citizens with Special Needs** on pages 13-16.

Police are available to do health-checks for concerned relatives. Their number is **860-767-1054**.

Citizens are encouraged to check in on their neighbors to make sure that they are safe.

## Damage to Homes

People who suffer damage to their homes should report that damage to **Infoline** by calling **211** or online at [www.211.org](http://www.211.org). Money may be available from FEMA to help reimburse repairs. Take pictures of the damage for insurance purposes. Save your repair receipts.

## Kayaks Stored at Boat Launches

Owners are responsible for removing their kayaks from boat launch storage racks and bringing them to safety before a weather-related event **occurs**. This is important. Loose kayaks can become dangerous projectiles in hurricane winds.

## Home Shelter Kit

Assemble one now and keep it readily available. Keep temperature-sensitive items inside your home and mark them with their date of purchase. Replace them periodically throughout the year. Batteries kept in a cold refrigerator prolongs their charge. Create a plan on where you will go and how you can be reached if you leave your home so that family members will know that you are safe.

**Please Note:** Items marked with star (\*) should be kept in your **Shelter Kit** beforehand, in case you need to leave home quickly.

### Home Shelter Kit Items to Collect

- Flashlights, batteries and extra bulbs. \*
- Clock (windup or battery-operated).
- Radio (battery-operated).
- Extra batteries (replace old ones).
- Toilet paper; hand sanitizer
- Lighter or matches (water proof)
- Scissors and duct tape
- Plastic garbage bags, 50 gallons and smaller. (If you need to make a raincoat, you can cut holes in the top and sides of a large bag for your head and arms).
- A well-maintained fire extinguisher.
- Clean change of clothes, rain gear and sturdy boots. \*
- Fully charged battery-operated lanterns. (Try not to use candles; they are a fire hazard).
- Blanket rolls for each person in the household. \*
- Paper map of the area. \* (internet-based driving directions may not be available)
- List of important phone numbers (doctor, insurance company, family members, pharmacy, banks). \*
- List of medicines that your family members are taking and a 10 day supply. \*
- Copies of Insurance policy, bank account info, IDs, other important papers. \*

### Emergency Toiletries

- Garbage can with tight lid.
- Plastic bags for liners.
- Disinfectant or bleach
- Deodorizer.
- Extra toilet paper; Feminine hygiene products
- Towelette wipes for adult sanitation; hand sanitizer

### Baby Needs \*

- Disposable diapers.
- Wipes.
- Diaper-rash ointment.
- Baby medicines.
- Medicine dropper.
- Extra formula, baby food.

## Food Supplies

- Store enough non-perishable foods for two weeks. (**Note:** Resist foods that are high in salt; they will increase your thirst.)
- Water: 1 gallon per person per day (store enough for 2 weeks).
- Shelf-stable juice and milk boxes.
- Canned and powdered milk.
- Beverages (canned or powdered, fruit juices, instant coffee, tea).
- Canned vegetables and fruits.
- Canned or bagged dry fruits.
- Prepared foods (canned soups, beef, spaghetti, chicken, ham, pudding, tuna).
- Snacks (crackers, peanut butter, jelly, cheese spreads).
- Cereals.
- Extra baby food and formula. \*
- Animal supplies. \*
  - Dry and/or canned pet food.
  - Water.
  - Medications.
  - First Aid supplies.
  - Leash, collar.
  - Crate for transportation.
  - Pet litter, shavings.
  - Beddings, towels, blankets.
  - Veterinarian info.
  - Vaccination records/certificates.

## Kitchen Supplies

- Waterless hand sanitizer. \*
- Manual can opener. \*
- Water purification tablets.
- Bottle opener.
- Matches in a plastic bag.
- Pocketknife.
- Camp stove with plenty of fuel; gas grill with an extra, full propane tank; or charcoal grill with extra charcoal. Use only canned fuel (sterno) for indoor cooking. Make sure to have working carbon monoxide and gas (propane) detectors in your home. Change detector batteries every 6 months.
- Ice.
- Insulated coolers.
- Paper plates, napkins, cups and plastic utensils.
- Disposable aluminum foil pans for cooking.
- Plastic bags, jugs or containers for water or ice.

## Hardware

- Hand tools: hammer, screwdriver, shovel, pickax, handsaws and chainsaw (with gasoline).
- Power screwdriver with charged battery.
- Tarps.
- Rope.

- Sturdy work gloves.
- Duct tape & scissors. \*
- Nails and screws of various sizes.
- Plywood.

### **First Aid Kit \***

- First Aid handbook.
- Insect bite lotion (anti-itching product).
- Petroleum jelly.
- Ointments for burns, cuts.
- Antiseptic solution.
- Over-the-counter medicine (for colds, allergies, cough).
- Aspirin, acetaminophen, antacid tablets.
- Children's medicines.
- Diarrhea medication.
- Incontinence supplies.
- Rubbing alcohol.
- Iodine.
- Disinfectant.

### **Other Supplies, if necessary**

- Medic alert tags.
- Face mask & hand sanitizer
- Thermometer.
- Cotton-tipped swabs.
- Hypoallergenic adhesive tape.
- Sterile gauze rolls.
- Sterile adhesive bandages.
- Sterile gauze pads.
- Rolled bandages.
- Scissors.
- Tweezers.
- Plastic sheets.
- Adhesive tape.
- Safety pins.
- Latex gloves.
- Insect repellent & Sunscreen
- Citronella candles.
- Feminine hygiene items.
- Soap in plastic bags, hair shampoo.
- Moist towelette packets (baby wipes).

# Evacuation Registry For Citizens with Special Needs

The Essex Health Department and Emergency Management Director maintain a database of seniors and people with special needs who may require evacuation and shelter assistance during a natural or man-made disaster.

People with medical disabilities or transportation needs are encouraged to pre-register with the Essex Health Department for these services.

People who register are asked to keep their information current and to update it annually. Personal information is maintained by the Essex Health Department and kept confidential in accordance with state and federal law. Information is only used by emergency personnel during preparedness planning and evacuations.

The registration form is on the following pages. It is also available on the Town of Essex website [www.essexct.gov](http://www.essexct.gov), and from various partner agencies such as Meals-on-Wheels, FISH (Friends in Service Here), Visiting Nurses of the Lower Valley, and Essex Ambulance Association.

## Registration Instructions

A separate registration form is required for each person.

### **Please Answer ALL questions.**

If your form is missing information (such as correct phone number, address, etc.) we may not be able to contact you. We cannot determine your needs unless you answer all questions regarding any medical and transportation requirements. Upon receipt of your completed form, your information will be entered into a restricted database.

### **Keep your registration information current.**

You are responsible for informing the Health Department of any changes. If you move, change your phone number, or no longer want to be registered, let us know immediately. If we cannot contact you during an emergency evacuation, we cannot assist you.

- The registry will be updated annually.
- New forms will be mailed to registrants to update information and verify eligibility. Registrants who **DO NOT** reply or cannot be reached will be removed from our registry.
- Registration is **FREE** and **VOLUNTARY**. Your information is used solely by public health and safety agencies who will assist you during an emergency. It does not imply or guarantee any other service.

Mail the completed registration form to the **Essex Health Department, 29 West Avenue, Essex CT 06426**. If you have questions, call the Health Department at **860-767-4340 x118**.

## Town of Essex Emergency Planning and Evacuation Registration Form

The Essex Health Department and Emergency Management maintain a registry of seniors and people with special needs who might need evacuation and shelter assistance during natural disasters or public health emergencies. The information you provide will be kept confidential. It will be used only by emergency planning and evacuation personnel.

Please fill out the registration form and mail it to the **Essex Health Department, 29 West Avenue, Essex CT 06426**. If you have questions, call the Health Department at **860-767-4340 x118**.

PLEASE PRINT CLEARLY

### REGISTRANT INFORMATION

DATE \_\_\_\_\_

First Name _____	Last Name _____	Middle Initial _____
Date of Birth _____	<input type="checkbox"/> Male	<input type="checkbox"/> Female
English Spoken: <input type="checkbox"/> Yes <input type="checkbox"/> No If "no," what is your primary language _____		
Phone _____		Alternate Phone _____
TDD/TTY/TRS _____		

### RESIDENCE INFORMATION

Street address, specific apartment or unit number, and village

_____	<input type="checkbox"/> Essex
_____	<input type="checkbox"/> Centerbrook
_____	<input type="checkbox"/> Ivoryton

Do you live in a: ☐ Single Family House ☐ Apartment  
☐ Condominium ☐ Rest Home / Assisted Living Facility

Do you live by yourself? ☐ Yes ☐ No

If no, who lives with you? ☐ Spouse ☐ Family Member ☐ Caregiver ☐ Companion

Their Name(s) \_\_\_\_\_

Would this individual(s) be capable of assisting you during an emergency? ☐ Yes ☐ No

If you are a part-time resident (i.e., summer only), list the months you reside at this location.

\_\_\_\_\_

Do you have a primary caregiver in the area? ☐ Yes ☐ No

Caregiver's Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship to you \_\_\_\_\_

Are you seen by a health aide or visiting nurse? ☐ Yes ☐ No If yes, # of visits per week: \_\_\_\_\_

Do you have a documented service animal? (dog or horse only) ☐ Yes ☐ No

Do you have any pets? ☐ Yes ☐ No If yes, give the name, type, and weight of the animal(s)

\_\_\_\_\_

## EVACUATION PLANNING

If ordered to evacuate, do you have an evacuation plan? ☐ Yes ☐ No

Do you have a car? ☐ Yes ☐ No

Do you drive? ☐ Yes ☐ No

Do you have someone to drive you? ☐ Yes ☐ No If no, will you go by ☐ wheel-chair van  
☐ ambulance  
☐ other vehicle?

If Ambulance, name & phone # of ambulance company \_\_\_\_\_

If Other transportation, name & phone # of company \_\_\_\_\_

Will your companion/spouse/caregiver go with you? ☐ Yes ☐ No

Their Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Will you need assistance evacuating to a shelter? ☐ Yes ☐ No

## SHELTER PLANNING

Do you have a readily available Shelter Kit if you need to leave your home quickly? ☐ Yes ☐ No

What is your plan for shelter if evacuation is necessary? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you have no plan, do you want Emergency Management Office to contact you? ☐ Yes ☐ No

## SPECIAL CONDITIONS

Elderly/frail ☐ Yes ☐ No

Difficulty walking ☐ Yes ☐ No

Blind or sight impaired ☐ Yes ☐ No

Deaf or hearing impaired ☐ Yes ☐ No

Mental disability ☐ Yes ☐ No

Memory impaired ☐ Yes ☐ No

Diabetic ☐ Yes ☐ No

Insulin dependent ☐ Yes ☐ No

Pills ☐ Yes ☐ No

No treatment ☐ Yes ☐ No

Cardiac problems ☐ Yes ☐ No

Respiratory problems ☐ Yes ☐ No

Paralysis ☐ Yes ☐ No

Allergies ☐ Yes ☐ No

If yes, describe allergy

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Other Conditions ☐ Yes ☐ No

If yes, describe condition

---

## TREATMENT / EQUIPMENT

Do you take prescription medications? ☐ Yes ☐ No

If yes, do you have a current list of medications? ☐ Yes ☐ No

Respirator ☐ Yes ☐ No

Foley Catheter ☐ Yes ☐ No

Oxygen ☐ Yes ☐ No

Oxygen Usage

☐ Continuous ☐ Part-time Oxygen \_\_\_\_\_ liter flow

Supplier Name \_\_\_\_\_

Equipment type \_\_\_\_\_

Do you have back-up electrical power for your Oxygen equipment? ☐ Yes ☐ No

Tracheotomy ☐ Yes ☐ No

Feeding Tube ☐ Yes ☐ No

Dialysis ☐ Yes ☐ No

Home Dialysis ☐ Yes ☐ No

Intravenous Line ☐ Yes ☐ No

PICC line/Hickman Catheter ☐ Yes ☐ No

Other emergency equipment \_\_\_\_\_



## AMBULATION CAPACITY

Are you confined to a: ☐ Bed ☐ Wheelchair ☐ Power Wheelchair

Do you use a: ☐ Cane ☐ Wheelchair ☐ Walker ☐ Service Animal

Other assistance needs \_\_\_\_\_

## IMPORTANT NAMES AND PHONE NUMBERS

Physician Name \_\_\_\_\_ Phone \_\_\_\_\_

Hospital Preference \_\_\_\_\_

Home Health/Hospice Name \_\_\_\_\_ Phone \_\_\_\_\_

Pharmacy Name \_\_\_\_\_ Phone \_\_\_\_\_

Caregiver/VNA Name \_\_\_\_\_ Phone \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

## PERSON / RELATIVE CONTACTS

Can we release your evacuation status to anyone? ☐ Yes ☐ No If yes, to whom?

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

Print name of person completing this form \_\_\_\_\_

Signature of person completing this form \_\_\_\_\_

Date \_\_\_\_\_

Date Form Received in Health Department: \_\_\_\_\_

Health Director's Signature. \_\_\_\_\_

# WHAT YOU SHOULD WRITE DOWN

## WHERE TO GO IN AN EMERGENCY

Write down where your family spends the most time: work, school, daycare, the homes of friends and families. Workplaces, schools and daycare centers should have emergency plans. Find out what they are and write them down. Find out what your town will do in case of an emergency by calling the town hall. Write down that plan. Local radio and television stations can give you important information during an emergency. Write down at least three local radio and television stations.

## IMPORTANT NAMES AND PHONE NUMBERS

Fill in this information and make a copy for everyone in your family.

### Your Family's Contact Person in Your State

Name: .....  
 City: ..... State: .....  
 PH # (day): .....  
 PH # (evening): .....  
 Mobile #: .....

### Your Family's Contact Person in a Different State

Name: .....  
 City: ..... State: .....  
 PH # (day): .....  
 PH # (evening): .....  
 Mobile #: .....

### Nearest Relative

Name: .....  
 City: ..... State: .....  
 PH # (day): .....  
 PH # (evening): .....  
 Mobile #: .....

### Family Work Numbers

Mother: .....  
 Father: .....  
 Other: .....

### Utility Company Phone Numbers

Electric Co: .....  
 Gas Co: .....  
 Water Co: .....  
 Telephone Co: .....  
 Cable TV Co: .....

### School

Address: .....  
 PH #: .....

### Other School or Workplace

Address: .....  
 PH #: .....

### Other School or Workplace

Address: .....  
 PH #: .....

### Other Important Information and Phone Numbers

Doctor: .....  
 .....  
 .....

Pharmacist: .....

Medical Insurance: .....

SS Numbers: .....

Local Health Department/District: .....

Veterinarian: .....

Home/Rental Insurance

Name: .....

PH #: .....

Policy #: .....



The American Red Cross helps people prepare for emergencies and provides disaster relief to Connecticut residents. These services are done mostly by volunteers and are free of charge. The American Red Cross is also the main provider of blood to Connecticut's 31 hospitals.

## Recommended websites

CT Water Company: [www.ctwater.com](http://www.ctwater.com)

Report an issue: 800-286-5700

Sign-up for alerts: <https://www.ctwater.com/contact-help-center/service-alerts/>

Eversource: [www.eversource.com](http://www.eversource.com)

Report an Outage: 800-286-2000

Smell Gas: 877-944-5325

Town of Essex-Government: [www.essexct.gov](http://www.essexct.gov)

Make a Plan-Ready.gov: [www.ready.gov](http://www.ready.gov)

CT Division of Emergency Management & Homeland Security: <https://portal.ct.gov/demhs>

FEMA (Federal Emergency Management Agency): [www.fema.gov](http://www.fema.gov)


National Weather Service: [www.weather.gov/stormready](http://www.weather.gov/stormready)

The internet has many websites containing helpful information for creating your own home shelter kit, first aid kit, preparing your emergency plan, and more.



*Utility Repair Truck on call.*

**Emergency Wallet Card.** Cut out with scissors, complete information & keep in wallet.

Connecticut Department of Public Health			
 <b>WALLET EMERGENCY CARD</b>			
<b>Family's Contact Person in Your State</b> Name: ..... Address: ..... PH #: .....	<b>Family Work Numbers</b> - Mother's PH #: ..... - Father's PH #: ..... - Other: ..... PH #: .....	<b>School</b> Name: ..... Address: ..... PH #: .....	Name: ..... Phone: ..... Emergency Contact Name: ..... Emergency Contact PH #: .....  <b>In an Emergency: 9-1-1</b> <b>Dept. of Emergency Services and Public Protection: 1-860-685-8190</b> <b>CT Poison Control Center: 1-800-222-1222</b>  <a href="http://www.ct.gov/dph/prepare">www.ct.gov/dph/prepare</a>
<b>Your Family's Contact Person in a Different State</b> Name: ..... Address: ..... PH #: .....	<b>Utility Company Phone Numbers</b> - Electric Co. PH #: ..... - Gas Co. PH #: ..... - Water Co. PH #: .....	<b>Workplace</b> Name: ..... Address: ..... PH #: .....	
<b>Nearest Relative</b> Name: ..... Address: ..... PH #: .....	<b>Home/Rental Insurance</b> Name: ..... PH #: ..... Policy #: .....	<b>Other (School or Workplace)</b> Name: ..... Address: ..... PH #: .....	
<b>Veterinarian</b> Name: ..... PH #: .....			

