

Town of Essex



Emergency Preparedness Guidebook

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Table of Contents:

General Information

Be Aware	3
Be Prepared	3
Plan Ahead	3
State of Mind	4
Water	4
Food	4
Radio	5
Notices	5
Cellphone Protocols	5
Refrigerator	5
Generator	5
Utility Company & Public Works	6
Winter Storms	6
Money	7
First Aid Kit	7
Fire Extinguisher	7
Emergency Shelter & Resources	7
911	8
The Landfill	8
Robo-Calls (Reverse 911)	8
Safer Essex	8
Special Accommodations	8
Damage to Homes	8
Kayaks Stored at Boat Launches	8

Supplements

Home Shelter Kit List	9
Evacuation Registry Information	12
Emergency Planning/Evac. Form	13
What You Should Write Down	17
Recommended Websites	18
Emergency Cards	19

Emergency Preparedness

Listen to radio stations 1420 AM WLIS or 1080 AM WTIC for emergency updates.
Emergency Management Office: 860-767-1198.

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

These responders can only do so much in the short-term, when extensive damage and/or power outages are widespread due to snow, ice storms or hurricanes. This is why you should prepare *beforehand* for your own safety and comfort. Listen to media warnings and recommendations, and *take them seriously*.

During the 2011 tropical storm related to Hurricane Irene, shoreline communities were overwhelmed by fallen trees and power outages that lasted up to a week and a half. If it struck while still at hurricane force, the situation would have been worse. Chances are that a more powerful hurricane will eventually hit Connecticut. We need to be prepared.

Be Aware

For many people, loss of electric power can mean:

- No running water.
- No lights.
- No refrigeration.
- No heat.
- No gasoline stations or grocery stores or restaurants.
- No phone (including cell phones) or Internet service.
- Closed streets where trees or power lines have fallen.
- No ATMs or credit card usage.

Be Prepared

- Store sufficient quantities of water beforehand.
- Have battery-powered lights, flashlights and radios.
- Store ice cubes for temporary food storage. Use food early that cannot be adequately preserved, even beforehand if you have enough warning.
- Keep warm clothes and blankets readily available.
- Fill your vehicle's gas tank before the event hits. Fill propane tanks for grilling.
- Keep your cell phones well-charged. Consider purchasing an analog phone that works on phone wire alone.
- Stay away from fallen wires and hanging branches.
- 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.
- Prepare a home **Shelter Kit** (see page 11) of items that you can access quickly if you need to evacuate. Bring all essential medications. Shelters do not stock or dispense medications.

- Make a plan to keep your pets safe. (Store extra pet food, water and First Aid supplies.)
- 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 for 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 actually hits 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 for emergency updates. If you have to, use your car 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 Town Hall website for more updates at www.essexct.gov.

Cellphone & Social Networking Protocols

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

Make sure your cellphone is fully charged before an event strikes. Keep charged batteries and car-phone chargers available. Extend your cellphone's charge by reducing the brightness of your phone's screen. 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.

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.

Subscribe to text alerts from local or state government to keep you informed about repair progress and other important notifications. (Sign-up at *Safer Essex*, at 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.

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, plan ahead. 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 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. Check periodically during the rest of the year to make sure that it works. When possible, put fresh batteries in your home's CO detector before using generator.

Utility Companies & Public Works

Most power outages are caused by falling trees and branches. Town crews (and sometimes contractors) clear the roads of fallen trees and debris. When power lines are involved, utility companies have to cut the tree themselves. Each town is assigned its own utility crews.

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. 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. (During the blizzard of 1978, the governor *closed all roads in Connecticut for three whole days!*) 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 now and then 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.

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

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 Health Department beforehand and emergency responders will check on you. (The **application** 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 and credit card scanners 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 list on page 11 for what should be in it.)

Fire Extinguisher

Having a portable fire extinguisher is wise. 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**, off Route 9, Exit 5, on Route 80. This state-of-the-art facility provides a place for water refills, hot showers (bring your own toiletries and prescription medications), electrical recharging, and 3 hot meals a day served in a clean, cafeteria setting. Displaced people can stay there overnight. Volunteers from the American Red Cross and FEMA 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.

Closer locations may provide water, emergency supplies and electrical recharging. Listen to the radio 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

To help clean-up after a hurricane, the Essex Landfill may be open for extended hours following the event. Listen to the radio for more details. **Please note:** There is no curbside pick-up of brush provided by the Town.

Robo-Calls (Reverse 911)

Emergency Management provides automatic telephone notices throughout the community for those who still have phone service. Listen to them for updates and recommendations. (See **Safer Essex** below.)

Safer Essex

The Town of Essex has implemented an emergency notification system to alert citizens about emergencies and other warnings. These notices go out to everyone whose phone numbers are listed in the phone book. Those who register can also be contacted through unpublished numbers or other communication sources. You can register at the Town's website, www.essexct.gov (click on the **Safer Essex** link in the left column under *Special Features*). You can also register by calling **860-767-8139**. Include any special needs that you might have.

Special Accommodations for the Elderly or Disabled

Special accommodations for those who are non-ambulatory or have special needs will be provided by health agencies and first responders. Registration for services should be made before emergencies happen and communications 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 Essex Visiting Nurses 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**. 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. Devise 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.
- Matches (water proof).
- Scissors.
- 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. *
- Map of the area. *
- 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. *
- Copy of insurance policy or other important papers and bank accounts. *

Emergency Toiletries

- Garbage can with tight lid.
- Plastic bags for liners.
- Disinfectant or bleach.
- Deodorizer.
- Extra toilet paper.
- Towelette wipes for adult sanitation too.

Baby Needs *

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

Food Supplies

- Store enough nonperishable 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.
 - Vet 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 that you have a proper CO₂ 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. *
- Nails and screws of various sizes.
- Plywood.

First Aid Kit *

- First Aid handbook.
- Insect bite lotion.
- 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.
- Hypoallergenic adhesive tape.
- Thermometer.
- Cotton-tipped swabs.
- Sterile gauze rolls.
- Sterile adhesive bandages.
- Sterile gauze pads.
- Rolled bandages.
- Scissors.
- Tweezers.
- Plastic sheets.
- Adhesive tape.
- Safety pins.
- Latex gloves.
- Insect repellent.
- Citronella candles.
- Sunscreen.
- Feminine hygiene items.
- Soap in plastic bags, hair shampoo.
- Moist towelette packets (baby wipes).

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

**Town of Essex – Health Department
29 West Avenue, Essex CT 06426
860-767-4340 x 118**

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 will be asked to keep their information current and update it annually. Personal information will be kept confidential in accordance with state and federal law, and will be maintained by the Essex Health Department. Data will only be used by emergency personnel during preparedness planning and evacuations.

The registration form is attached. It is also available on the Essex Health Department website (www.essexct.gov), and from various resources such as Meals-on-Wheels, FISH (Friends in Service Here), Visiting Nurses of the Lower Valley, local libraries and the Essex Ambulance Association.

Completed forms should be mailed to: **Essex Health Department, 29 West Avenue, Essex, CT 06426.**

Questions or concerns may be directed to the Health Department at **860-767-4340 x 118.**

Registration Instructions:

A separate form is required for each individual requesting evacuation registration.

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 our 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 need to be registered, let us know immediately so your file can be updated. If we cannot contact you during an emergency evacuation, we cannot assist you.

- This 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 those public health and safety agencies who will assist you during an emergency. It does not imply or guarantee any other service.

ESSEX EMERGENCY PLANNING AND EVACUATION 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 additional questions, call the Health Department at **860-767-4340 x118**.

PLEASE PRINT OR TYPE

WHO YOU ARE:

First Name _____ Middle Initial _____ Last Name _____

Date of Birth: _____

Male Female

English Spoken: Yes No If "no," what is your primary language _____

RESIDENCE INFORMATION:

Location: Village of: Essex Centerbrook Ivoryton
Street address:

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

Phone #: _____ Alternate #: _____ TDD/TT: _____

Do you live by yourself? Yes No

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

Their Name(s) _____

Would this individual be capable of assisting you during an emergency? Yes No

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

Do you have a primary care giver in the area?

Name: _____ Phone No. _____

Relationship to you: _____

Does a caregiver live with you? Yes No

Are you seen by a health aide or a visiting nurse? Yes No

If yes, number of visits per week: _____

Anyone else? _____

Do you have any pets? Yes No If yes, please give the name, type and weight of the animals:

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? _____

If ambulance, name of ambulance company: _____

Phone No: _____

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

Name: _____ Relationship: _____

Will you need assistance to evacuate to a shelter? Yes No

SHELTER PLANNING

What is your plan for shelter if evacuation is necessary? _____

If you have no plan, would you like the Office of Emergency Management 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

 If yes, 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: _____

Other Conditions: _____

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

If yes, supplier name/type of equipment or machine: _____

Oxygen Usage: Continuous Part-time Oxygen _____ liter flow

Tracheotomy: Yes No

Dialysis: Yes No

Home Dialysis: Yes No

Intravenous Line: Yes No

PICC line/Hickman Catheter: Yes No

Feeding Tube: Yes No

Other emergency equipment: _____

AMBULATION CAPACITY

Are you confined to a: Bed Wheel Chair Power Wheel Chair

Do you use a: Wheel Chair Walker Cane Service Animal

Other assistance needs: _____

IMPORTANT NAMES AND PHONE NUMBERS:

Physician Name: _____ Phone No.: _____

Hospital Preference: _____

Home Health/Hospice Name: _____ Phone No. _____

Pharmacy Name: _____ Phone No. _____

Care Giver/Visiting Nurse Assoc Name: _____ Phone No. _____

Comments/Notes: _____

PERSON / RELATIVE CONTACTS:

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

Name: _____ Phone: _____

Relationship: _____

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:

It pays to check out pertinent websites well before a crisis actually hits, and power may be lost.

- FEMA – Federal Emergency management, www.fema.gov
- American Red Cross – www.redcross.org
- Town of Essex – www.essexct.gov
- Department of Emergency Management, Homeland Security – www.ct.gov/demhs/site/default.asp
- Weather – www.wunderground.com

There are many websites that can help you. It is suggested that your use a search engine like Google.com or Yahoo.com and insert the following words:

- Grab and Go Kit
- First Aid Kits



Utility Repair Trucks on call.

Two Emergency cards.

Cut out with scissors, fill out information, and keep in wallet.



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

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

