Town of Essex

Emergency Preparedness Guidebook

Presented by:
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Emergency Preparedness

Listen to radio stations 1420 AM WLIS or 1080 AM WTIC or 1150 AM WMRD for emergency updates. Emergency Management Office: 860-767-4340 X118.

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 2020 tropical storm related to Hurricane Isaias, shoreline communities were overwhelmed by fallen trees and power outages that lasted up to a week and a half. 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 charged.
- 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 9) 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 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 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 or 1150 AM WMRD 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.

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 cellphone 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. 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 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.

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, 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.

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 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.
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:** The Town does not provide curbside pick-up of brush.

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.essextct.gov](http://www.essextct.gov). On the home page click on the **Safer Essex** notification sign-in box and follow the instructions. You can also register by calling **860-767-4340 x112**. 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 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**. 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.

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.
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:___________________________________________________________
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.

<table>
<thead>
<tr>
<th>Your Family's Contact Person in Your State</th>
<th>School</th>
<th>Other School or Workplace</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Address:</td>
<td>PH #:</td>
</tr>
<tr>
<td>City:</td>
<td></td>
<td></td>
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<tr>
<td>State:</td>
<td></td>
<td></td>
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<tr>
<td>PH # (day):</td>
<td></td>
<td></td>
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<tr>
<td>PH # (evening):</td>
<td></td>
<td></td>
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<tr>
<td>Mobile #:</td>
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<table>
<thead>
<tr>
<th>Your Family's Contact Person in a Different State</th>
<th>Other Important Information and Phone Numbers</th>
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<tbody>
<tr>
<td>Name:</td>
<td>Doctor:</td>
</tr>
<tr>
<td>City:</td>
<td></td>
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<tr>
<td>State:</td>
<td></td>
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<td>PH # (day):</td>
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<td>PH # (evening):</td>
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<td>Mobile #:</td>
<td>Pharmacist:</td>
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<td>Medical Insurance:</td>
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<td>Nearest Relative</td>
<td>SS Numbers:</td>
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<tr>
<td>Name:</td>
<td>Local Health Department/District:</td>
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<tr>
<td>City:</td>
<td>Veterinarian:</td>
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<td>PH # (evening):</td>
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<td>Mobile #:</td>
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<thead>
<tr>
<th>Family Work Numbers</th>
<th>Home/Rental Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother:</td>
<td>Name:</td>
</tr>
<tr>
<td>Father:</td>
<td>PH #:</td>
</tr>
<tr>
<td>Other:</td>
<td>Policy #:</td>
</tr>
</tbody>
</table>

Utility Company Phone Numbers

<table>
<thead>
<tr>
<th>Electric Co:</th>
<th>Gas Co:</th>
<th>Water Co:</th>
<th>Telephone Co:</th>
<th>Cable TV Co:</th>
</tr>
</thead>
</table>

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.

- American Red Cross – [www.redcross.org](http://www.redcross.org)
- Weather – [www.wunderground.com](http://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
### Wallet Emergency Card

**Family's Contact Person In Your State**
- Name: ........................................
- Address: ....................................
- PH #: ........................................

**Your Family's Contact Person In a Different State**
- Name: ........................................
- Address: ....................................
- PH #: ........................................

**Nearest Relative**
- Name: ........................................
- Address: ....................................
- PH #: ........................................

**Family Work Numbers**
- Mother's PH #: ................................
- Father's PH #: ................................
- Other: ...........................................
- PH #: ........................................

**Utility Company Phone Numbers**
- Electric Co. PH #: ...........................
- Gas Co. PH #: ................................
- Water Co. PH #: ..............................

**Home/Rental Insurance**
- Name: ........................................
- PH #: ........................................
- Policy #: ....................................

**School**
- Name: ........................................
- Address: ....................................
- PH #: ........................................

**Workplace**
- Name: ........................................
- Address: ....................................
- PH #: ........................................

**Other (School or Workplace)**
- Name: ........................................
- Address: ....................................
- PH #: ........................................

**Veterinarian**
- Name: ........................................
- PH #: ........................................

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**Connecticut Department of Public Health**

- "WALLET EMERGENCY CARD"

- **Name:** ....................................
- **Phone:** ..................................

- **Emergency Contact Name:** ...............

- **Emergency Contact PH #:** ..............

- **In an Emergency: 9-1-1**
  - Dept. of Emergency Services and Public Protection: 1-860-695-8190
  - CT Poison Control Center: 1-800-222-1222

- www.ct.gov/dph/prepare

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