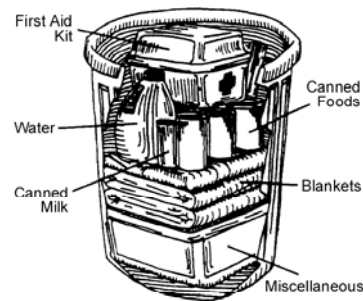


Are You Ready?

During the first few hours or several days (72 hours) following a disaster, essential services may not be available to meet your family's needs. Therefore, it will be important to gather supplies you will need ahead of time. One or more of the survival kits described can be pre-assembled in a storable container and placed in a location that is easily accessible. Should you need to use it or evacuate, it will be ready. The illustration below uses a 32-gallon trash can to store emergency items.



**The 32-Gallon Trash Can
Emergency Item Kit**

Sanitation Item Kit

- Plastic bucket with lid
- Plastic bags/duct tape
- Disinfectant
- Improvised toilet seat
- Disposable plates/cups/eating Utensils
- Toiletries
- Soap/toilet paper
- Personal hygiene items
- Baby/child supplies
- Aluminum foil
- Water purification tablets
- Supply of water (1 gallon per person/per day for 3-7 days)
- Paper towels

Emergency Kit Items

- Extra safe deposit box key
- Cash/credit cards (coins also)
- Waterproof/wind-proof matches
- First aid kit & manual
- Manual can opener
- Sleeping bags & blankets (wool/thermal)
- Non-perishable foods
- Manual flashlight / light sticks
- Baby, children & elderly items
- Pet food (dry & canned)
- Extra medications /immunization record
- Picture of pet/carrier
- Extra car keys/entertainment items
- Battery powered radio
- Extra batteries
- Utility knife / basic tools
- Emergency candles / lighter
- Extra eyeglasses /contact lenses / supplies
- Extra clothing/shoes
- Whistle/work gloves
- Essential medications
- Disposable plates/cups/eating utensils
- Kitty litter / leash / muzzle / ID collar
- Large capacity self-feeder & water dispenser

Suggested non-perishable food items: raisins, canned meats, juice, fruits, powdered milk, peanut butter, high energy bars

Important Document Item Kit

Copies of the following should be kept as a kit or stored in a safe deposit box:

- Property/vehicle papers
- List or pictures of possessions
- Appraisals: jewelry, etc.
- Prescription/social security cards
- Policies: auto, property, life
- Bank accounts, etc.
- Wills/funeral/burial papers
- Traveler's checks & passports
- Family health & identification records
- Credit card and contact numbers
- Emergency contacts
- Computer back-ups
- Medical devices, i.e. pace maker
- Mortgage/deed
- Licenses: marriage, drivers, etc.

First Aid Item Kit

- First aid manual
- Thermometer
- Disposable diapers (dressing/splint/padding)
- Pain relievers (acetaminophen / aspirin)
- Diarrhea medicine
- Adhesive / paper tape
- Cold/heat pack
- Rubbing alcohol
- Cotton balls /swabs
- Salt / sterile gauze
- Saline solution / antiseptic
- Surgical masks
- Baking soda (½ tsp soda + 1 tsp. salt + 1 qt. water for shock)
- Antibacterial ointment
- Sanitary napkins (pressure dressing)
- Safety pins / scissors / needles
- Laxatives/antacid
- Syrup of Ipecac
- Soap / sunscreen
- Individual medical needs
- Band-aids / bandages
- Petroleum jelly
- Needles and thread
- Heavy string
- Tweezers / matches
- Small splints, popsicle sticks
- Disposable gloves

Car Survival Item Kit

- Maintain at Least ½ tank of gas
- Battery powered radio & batteries
- First aid kit & manual
- Windshield scraper
- Bottled water
- Non-perishable foods stored in coffee can
- ABC fire extinguisher
- Compass
- Sand & shovel
- Tools / kitty litter
- Jumper cables / tow rope
- Sundry Kit (paper & pencil, map, whistle, tissues, premoistened towels, plastic bags)
- Essential medications
- Reflectors & flares
- Flashlights & batteries
- Waterproof matches & candles
- Blankets or sleeping bags
- Tire repair kit / pump
- Rubber hose for siphoning

CREATE A COMMUNICATION PLAN

- Identify safe places in your home in case you must shelter in place
- Identify at least 2 routes to get out of your home in an emergency (review frequently)
- Identify a place for your family to meet in case you are separated.



Pick a place **in and outside your neighborhood** for a meeting point

- Identify 2 contacts (local and out-of-state) that family members can contact if separated
- Know how to turn off the electricity and water, along with the furnace and gas valve at the appliance
- Discuss working arrangements with your employer should you need to stay home of if the business has to close
- Identify someone to check on you if you live alone or have special needs
- Notify the Greenwich Department of Health at 203-618-7625 if you have a special need and require assistance
- Identify someone who can assist you with transportation needs
- Identify those who can pick up your child if you cannot and be sure to let the school know this information.
- Discuss with your children their role in emergency planning and response
- Find out where children will be sent if schools are evacuated
- Choose a place for your pet to go in case you need to leave. Remember, shelters usually do not allow pets.

PREPARE FINANCIALLY

Insurance

Review property and life insurance policies

Cash

- Keep cash, traveler's checks and coins at home in small denominations for easy use; a disaster could temporarily shut down local ATMs and banks for days or weeks
- Income may stop if you cannot work so check with your employer about alternate plans

Evacuation

During an emergency you may need to leave your home. When community evacuations become necessary, local officials will provide information through the local media. To preserve important documents or other valuables, create an "**Evacuation Box**" by purchasing a durable container that can be locked. Then place all items in waterproof plastic bags to protect them from moisture and water. The assembled box should be capable of being carried and stored in a safe location. The following is a list of items you may consider:



- Traveler's checks, cash and a few rolls of quarters
- Negatives of irreplaceable personal photographs

- A list of emergency contacts - doctors, family members who live outside your area, etc.
- Copies of prescriptions and children's immunization records
- Health, dental and prescription insurance cards
- Copies of your insurance policies or policy numbers
- Copies of other important financial and family records
- Backups of computerized financial records
- List of bank accounts, loans, credit cards, driver's license and Social Security numbers
- An extra safe deposit box key – a safe deposit box can also be used to keep important papers

IMPORTANT RESOURCES

In Connecticut the Emergency Alert System (EAS) is in place. If the System is activated, scheduled TV and radio will be interrupted and an emergency message will be broadcasted. It is important to listen to these instructions and stay tuned.

EMERGENCY SERVICES

Emergency (Fire, Police, GEMS) **9-1-1**
Greenwich Emergency Information Line
1-866-245-4260
(Activated during an emergency only)

EMERGENCY HELPLINES – Utilities

Aquarion Water Company 861-1200
Northeast Utilities 800-286-2000
CT Natural Gas Company 869-6900

NON-EMERGENCY PHONE NUMBERS – TOWN DEPARTMENTS

Greenwich Department of Health
622-6488 / 622-3774
Greenwich Fire Department
622-3959 / 622-8087
Greenwich Police Department
622-8001 – 622-8006
Greenwich Department of
Social Services 622-3800

PHONE NUMBERS

Centers for Disease Control and
Prevention Hotline 1-800-232-4636
Centers for Disease Control and
Prevention Hotline TTY 1-888-232-6348
Greenwich Hospital 863-3000
Greenwich Red Cross 869-8444
Connecticut Poison Control 1-800-222-1222

EMERGENCY INFORMATION

CT AM Radio

WGCH – 1490 <http://wgch.com>
(Greenwich)
WSTC – 1400 <http://wstcwnlk.com>
(Stamford)
WNLK – 1350 <http://wstcwnlk.com>
(Norwalk)

Television

Cablevision channel 12 or 79
www.news12.com/CT
WFSB channel 3 www.wfsb.com
WTNH channel 8 www.wtnh.com
WVIT channel 30 www.wnbc30.com
(channel 6 on Cablevision)

Note: Information for this pamphlet was obtained from various sources

TOWN OF GREENWICH DEPARTMENT OF HEALTH

Are You Ready? For Emergencies

Routinely, every day people go about their business and go to work, put their children on the school bus and do household errands; but every so often, the unexpected happens:



a fire, a flood, a hurricane or some other emergency. During a disaster, our daily activities change and, suddenly, we become aware of how fragile our lives really are.

If a disaster occurs in Greenwich, local government and community emergency response agencies will try to help you. But you will need to be ready as well. Everyone in the household needs to know what to do and where to go during an emergency. You will need to be self-sufficient for several days since help may not be able to reach you immediately.

Creating a family disaster plan will provide specific instructions for disaster preparation and response. During an emergency, it will become the key to survival. Your disaster plan should be a written document that is reviewed, updated and practiced by your family. This pamphlet has been designed to assist you in creating that plan.

GREENWICH DEPARTMENT OF HEALTH
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