

CONNECTICUT GUIDE TO EMERGENCY PREPAREDNESS



After reading and completing this guide, please keep it in a safe place so you will always know where to find it.



WHAT'S INSIDE

PUBLIC HEALTH PREPAREDNESS	Inside Front Cover
WHAT YOU AND YOUR FAMILY HAVE TO DO.....	1
PLANNING FOR PEOPLE WITH FUNCTIONAL NEEDS	2
WHAT YOU SHOULD WRITE DOWN	3
WHAT TO DO IF AN EMERGENCY HAPPENS.....	4
NATURAL DISASTERS.....	5
BIOLOGICAL & CHEMICAL EMERGENCIES	6
NUCLEAR & RADIOLOGICAL EMERGENCIES	7
DRINKING WATER EMERGENCIES.....	8
PANDEMIC FLU EMERGENCIES	9
STATE EMERGENCY PREPAREDNESS PARTNERS.....	9
IMPORTANT PHONE NUMBERS AND WEBSITES.....	Back Cover

PUBLIC HEALTH PREPAREDNESS

Local, state, and federal public health agencies will help you stay safe during and after an emergency. Some of the tools that they use during emergencies are:

THE CONNECTICUT HEALTH ALERT NETWORK (HAN)

HAN quickly gives out important health information to and from the Connecticut Department of Public Health and other agencies, including local health directors, doctors, hospitals, emergency medical services personnel, and others.

Public health investigation and response experts in infectious diseases and environmental health work to find out causes of infectious diseases, exposures to chemicals, biological dangers and nuclear/radiological sources so people can get medicines so they don't get sick.

THE STRATEGIC NATIONAL STOCKPILE (SNS)

SNS is a program of the federal Department of Homeland Security and the Connecticut Department of Public Health that helps make sure life-saving medicines, supplies and equipment get to the people who need it in an emergency.

MASS VACCINATION REGIONS

Connecticut is divided into public health areas so it's easier to give out medicines during an emergency. If an emergency happens, state and local officials will tell you when and where to go for help through your TV and radio.

The places that give out medicines are run by local health departments and public health staff, but many volunteers are also needed. Extra nurses, pharmacists, physicians, and non-medical volunteers are important to make sure everyone can get help. To become a volunteer, contact your local health district or department for more information, or call United Way by dialing 2-1-1.



WHAT YOU AND YOUR FAMILY HAVE TO DO TO BE PREPARED

EDUCATE YOURSELF AND YOUR FAMILY

- Find out if there are any places near your home that could be dangerous or cause an emergency like:
 - a nuclear power plant
 - an area that can flood, like land near a river or ocean
 - buildings where chemicals are made or stored
- Have a safe place to go. If you are asked to evacuate (leave your home), you can go to:
 - the home of a family member
 - a friend's home
 - a motel, hotel or shelter
- Learn what to do in case of an emergency where you work and at your child's school or daycare.
- Sign up for the Connecticut Emergency Alerting and Notification Systems to get emergency messages emailed to you or sent by text message to your mobile phone. For more information and to register, go to www.ct.gov/ctalert.

MAKE A PLAN FOR YOURSELF AND YOUR FAMILY

- Pick safe places in your home where you can go to if there is an emergency. Tell everyone who lives there.
- Pick two different ways to get out of your home in case you have to leave it. Tell everyone who lives there.
- Pick a place that your family will meet in case you are separated during an emergency. Tell everyone in your family.
 - Pick one place that's in your neighborhood.
 - Pick one place that's outside of your neighborhood.
- Pick your family contacts – two people you and your family members can call in case you are separated during an emergency.
 - Pick one person who lives in the same state.
 - Pick one person who lives in a different state.
 - Write down the phone numbers and make sure everyone in your family has a copy of them.
- Make a plan for what you will do to keep your pets safe if there is an emergency.
- Know how to turn off the electricity, gas and water in your home in case you are asked to do it.
- Make sure everyone knows the plan.

MAKE AN EMERGENCY SUPPLY KIT

If there is an emergency in your area, you might not be able to get food, water or other things you need to survive. Also, the heat and water in your home might not work. That's why you have to make an emergency supply kit and keep it in your home. The kit should have enough supplies for you and your family for at least three days. In a pandemic, you may be asked to stay home for weeks to help stop the spread of the disease.

You would use this kit if you are told to stay at home during an emergency or if you are told to evacuate.

PACK A BAG OR A CONTAINER WITH THESE THINGS FOR YOUR EMERGENCY SUPPLY KIT:

- A supply of water in jugs or bottles. You should have at least one gallon of water for every person in your home for each day. You will need more water if there are children, if someone is nursing a baby or if the weather is hot.
- Food:
 - food in cans or sealed packages like soup and tuna fish
 - foods and juices that do not have to go in the refrigerator or be cooked
 - food for infants or the elderly
- A manual can opener, paper plates, plastic utensils and something to cook on like a small grill with fuel. Be sure to use charcoal and gas grills outside to prevent carbon monoxide build-up.
- Paper towels, toilet paper, soap.
- Battery-powered radio, flashlights, cell phone, with extra batteries.
- Blanket/sleeping bag, pillows for everyone in the family.
- Extra clothing for everyone in the family.
- Things babies and children need like diapers, games, toys and books.
- First-aid kit. Remember to include:
 - medicines (prescriptions, fever reducers, aspirin)
 - eye glasses and contact lens supplies
 - list of the doctors you go to
 - medical supplies (colostomy supplies, insulin syringes)
- Garbage bags and cleaning supplies.
- Things your pets need like food and water, a pet carrier or cage, medicines, muzzle, collar, leash, ID tags and their immunization records.
- Extra set of car keys, credit cards, cash and important information like social security numbers and birth certificates.
- Plastic and duct tape (see chemical emergencies).
- A copy of this guide.
- Pictures of your family members and pets in case you are separated and need help looking for them.

Check and refill your kit every few months to make sure no food or batteries have expired. A good time to do it is when you change your clocks in the fall and the spring. You can build your kit over time by buying one thing, like a can of food or batteries, at a time. Before you know it, you'll have your emergency supply kit stocked and ready to go.

PLANNING FOR PEOPLE WITH FUNCTIONAL NEEDS

If you or someone you know has a functional need, like trouble seeing, hearing, walking, or has medical problems, you might have to do more to be prepared for an emergency.

IF YOU HAVE CHILDREN:

SMALL CHILDREN may need: formula, diapers, bottles, medications, wipes, baby food, extra water, toys, books.

DAYCARE/SCHOOL-AGE CHILDREN: If there is an emergency while your child is in school or daycare, those places will have plans to protect your children. You should know what the plan is before an emergency happens.

IF YOU ARE ELDERLY:

- If you use a home health care agency, make sure they know your family's emergency plan.
- Tell other family members where to find emergency supplies and teach them how to use any special medical equipment.
- Put your name on special equipment like wheelchairs, canes or walkers.

IF YOU HAVE A DISABILITY:

- Get other family members and friends to help in case of an emergency.
- Tell other people where you keep your emergency supplies.
- Give one person you know a key to your home.
- Wear a medical alert tag/bracelet so people know what your disability is.
- Show other people how to use your special medical equipment.
- If you need dialysis, find out where there are dialysis treatment facilities nearby.

Your city or town might keep a list of people with disabilities so that they can be found quickly in an emergency. Call the local emergency management director or fire department in your city or town and ask them how they can help you if there is an emergency.

If you have to stay in a hotel or motel, make sure you tell the people at the front desk that you will need help if there is an emergency. Tell them what kind of help you might need.

Make an “Emergency Health Information Card” for yourself and write down the following information:

- Your name, address and phone number.
- What your disability is.
- The name, address and phone number of a doctor, friend or family member who knows you and your disability.

- What others need to know about you if they find you unconscious or unable to talk to them, or if they need to move you out of your home quickly.
- Medical needs:
 - medicine or special equipment you need
 - allergies or problems with medicines
 - problems you have talking to people or understanding them
 - type of treatment you need
 - who you want to treat you
 - language(s) you speak

Make many copies of this card and keep it in your emergency supply kit, in your car, in your wheelchair pack, at work, and in your wallet (behind your driver's license or identification card).

To download a blank card you can fill out, go to the website: www.ct.gov/dph/prepare.

The image shows a sample of a 'WALLET EMERGENCY CARD' from the Connecticut Department of Public Health. The card is designed to be carried in a wallet and contains fields for personal information, medical needs, and emergency contacts. It also includes a section for 'In an Emergency' with contact information for the State of Connecticut's Department of Emergency Services and Public Protection.

HOW TO MAKE CHILDREN FEEL BETTER AFTER AN EMERGENCY

- Ask your children to talk about anything that scares them. Let them ask questions and tell you how they're feeling. Talk together as a family about the emergency.
- Give children plenty of love. Tell them they are safe. Hold and hug them a lot.
- Tell children what is happening in simple language so they can understand.
- Make sure they know that the emergency is not their fault
- Tell children it's okay to go back to school and do other normal things like playing with friends. Tell them they can talk to their teachers about the emergency, too.

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 televisions 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.

WHAT TO DO IF AN EMERGENCY HAPPENS

WHAT SHOULD I DO?

- Remain calm and be patient.
- Do what state and local emergency officials tell you.
- Check to see if anyone around you is hurt and get help for anyone who's seriously injured.
- Dial 9-1-1 ONLY if there's a life-threatening situation. It is very important to keep these lines open for those who need them.
- Make sure your pets are safe and secure.
- Call your family contact – do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those who are elderly or disabled.

WHAT SHOULDN'T I DO?

- Do **NOT** go to the hospital unless there is a medical emergency.
- If you smell gas or think there may be a gas leak, do NOT light matches or turn light switches on or off.

WHAT DO I DO WHEN TOLD TO STAY IN MY HOME?

- Stay calm.
- Bring children and pets inside immediately.
- Close and lock all windows and outside doors.
- Turn off all vents that bring in outdoor air, like fans and air conditioners.
- If you have a fireplace, close the damper.
- Get your emergency supply kit.
- Go to a room in the middle of your home or go to a room without windows if you have one.
- Stay where you are until you are told it is safe.

WHAT DO I DO WHEN TOLD TO EVACUATE?

If you are told to evacuate, leave right away and take your emergency supply kit with you. Remember to take any medications or medical supplies you may need for the next few days with you if you have to evacuate. Depending on what's happening, you will be told the safest way to evacuate and where to go. You can also get information from local TV and radio stations.

MONITOR AND LISTEN:

In an emergency, local officials may not be able to give you information and tell you what to do right away. You should keep checking your local TV and radio stations, and the Internet for official news and information as it becomes available.

WHAT ABOUT PETS?

Long before an emergency happens, you should make a plan for what to do with your pets to make sure they're cared for if you have to evacuate your home. You should call friends, family, veterinarians or boarding kennels outside your neighborhood to see if they'd be able to care for them.

Remember, most pets aren't allowed in Red Cross shelters. Only animals who help people with disabilities will be allowed in. For more information on caring for your pets before, during and after an emergency, visit www.redcross.org.

THE EMERGENCY ALERT SYSTEM

In Connecticut, we use the Emergency Alert System (EAS) during emergencies. When the EAS is activated, all TV and radio programs are stopped and an emergency message comes on. It is important that you listen to these instructions and stay tuned for more information.

NATURAL DISASTERS

A natural disaster could happen in any part of Connecticut. Some natural disasters are severe thunderstorms, flash floods, snowstorms, hurricanes and tornadoes.

WHAT TO DO BEFORE A NATURAL DISASTER:

- Make sure you have an emergency supply kit ready.
- Know what different weather terms mean:
 - A severe storm watch means that dangerous weather may happen.
 - A severe weather warning means there is a storm on its way – take cover or seek shelter right away.
- Evacuate if you are told to do so by emergency officials.

DURING A NATURAL DISASTER:

- Move to the basement of your home or a room near the middle of the home.
- Take your emergency supply kit with you.
- Keep checking local TV and radio stations and the Internet for official instructions, including shelter locations, weather reports, etc.

AFTER A NATURAL DISASTER:

- Make sure that your family members are not hurt.
- **DO NOT TOUCH** or go near power lines that have been knocked down. Tell your local power company where you see any downed power lines.

MAKE A WINTER EMERGENCY CAR KIT FOR WINTER TRAVELING:

Include the following:

- blankets/sleeping bags
- flashlight with extra batteries
- first-aid kit
- utility knife
- high-calorie, non-perishable food (protein bars, granola bars or fruit bars)
- extra clothes to keep dry
- sack of sand (or cat litter)
- shovel
- windshield scraper and brush
- tool kit
- tow rope and booster cables
- water container
- compass and roadmaps

TYPES OF NATURAL DISASTERS

BLIZZARDS:

Weather forecasts usually let you know ahead of time if there's a blizzard coming. If this happens, make sure you have candles, flashlights, a battery-operated radio and cell phones because you might lose electricity and phone service for a few days or even weeks. If you can, it's a good idea to have a generator, too.

FLASH FLOODING:

Move quickly to higher ground. Water rushing at you in a flood can knock you off your feet! If you're in your car and water comes up around you, get out and move to higher ground right away. Cars can be swept away in just two feet of moving water.

HURRICANES:

A hurricane is a big storm with thunder, lightning and very strong winds. A big hurricane can have winds blowing 75 miles per hour or higher. Hurricane season in Connecticut is June 1 through November 30. If there is a hurricane warning, take shelter right away or evacuate if you are told to do so. You can learn more about what to do before and after a hurricane online at www.ct.gov/hurricane.

TORNADOES:

If there is a tornado warning, get to shelter right away. If you are in your car, stop. Get out and lie flat, face down in a low area. Cover your head and wait for the tornado to pass by. If you are home, go to the basement, storm shelter or a room near the middle of the home. If you are in a tall building go to the middle of the building, like in a stairwell or hallway.

BIOLOGICAL EMERGENCIES

Bacteria, viruses, and poisons made by bacteria cause biological emergencies. They can be sprayed into the air, used to contaminate (poison) food, and put into drinking water. Some types can also be spread by person-to-person contact. A biological emergency can happen by accident or when germs or other biological hazards are released on purpose to make people sick. How to protect yourself depends on the type of germs. Some germs, like anthrax, can't be passed from one person to another. Other germs, like smallpox, can be passed from one person to another. If that happens, people who have gotten sick might have to be isolated. People who are exposed to the germs might have to be quarantined.

BEFORE A BIOLOGICAL EMERGENCY HAPPENS:

- Be sure you have your emergency supply kit ready.

WHEN A BIOLOGICAL EMERGENCY HAPPENS:

- Check local TV and radio stations and the Internet for official instructions. They will tell you how to know if you or a family member has gotten sick, where to go for medical help and whether or not they are giving out medicines to help you.
- Always do what doctors and officials tell you to do.
- If you get sick or are exposed to someone sick, get medical help as soon as you can. There may be long lines of people waiting for medical care, so you may have to be patient.
- If the illness can be passed from person to person, people who have been exposed may have to be quarantined.
- **EVERYONE** should practice good hygiene and cleanliness to avoid spreading germs.

AFTER A BIOLOGICAL EMERGENCY:

- Check local TV and radio stations and the Internet for official news, information and instructions.

WHAT DOES “QUARANTINE” AND “ISOLATION” MEAN?

To help make sure diseases don't spread, you might be put into quarantine or isolation. **QUARANTINE** means that you are kept away from other people because you may have been exposed to an infectious or contagious disease, but aren't sick yet. **ISOLATION** is when you are kept away from other people because you are sick. These are common during an emergency. You can also do these things on your own, even if you are not told to, to help stop the spread of disease.

CHEMICAL EMERGENCIES

A chemical emergency can happen when gasses, liquids or solid materials that can poison people have been released. This kind of emergency can happen by accident or on purpose by a terrorist attack.

Some chemicals are very dangerous and make you sick right away. Other chemicals are less dangerous and may not hurt you. Chemicals that are liquids or gasses are usually more dangerous than chemicals that are solid materials.

Protecting yourself and your family before, during and after a chemical emergency can help keep you safe and make sure you don't get sick. Follow these simple steps:

BEFORE A CHEMICAL EMERGENCY HAPPENS:

- Be sure you have your emergency supply kit ready.
- Pick a room in the middle of your home or building for shelter. Rooms without windows on the highest level are the best.

WHEN A CHEMICAL EMERGENCY HAPPENS:

- Close all your doors and windows.
- Turn off all vents that let in outdoor air, like fans and air conditioners.
- If you are told to stay where you are, you should:
 - Move to an inside room and bring your emergency supply kit.
 - Check local TV and radio stations and the Internet for official news, information and instructions.

AFTER A CHEMICAL EMERGENCY:

- Wash with soap and water right away if you think you were near a chemical.
- Change out of your clothing.
- Get medical help if you feel sick.

If a biological or chemical emergency happens, officials may not be able to tell you what to do right away. It might take time for them to figure out exactly what the illness is, how it should be treated, and who is in danger. You should check local TV and radio stations and the Internet for official news following the emergency so you know:

- How dangerous it is.
- What illness you might get.
- Where to get medicines if you have to.
- Where to go for medical help or shelter.

NUCLEAR & RADIOLOGICAL EMERGENCIES

A nuclear or radiological emergency might be an accident at a nuclear power plant, the use of a small nuclear weapon or someone setting off a “dirty bomb.” When a dirty bomb explodes, it sends off dangerous radioactive material over a certain area.

BEFORE A NUCLEAR OR RADIOLOGICAL EMERGENCY HAPPENS:

- Be sure you have your emergency supply kit ready.
- Make sure you know where and how to get information from your city or town.
- If you live near the Millstone nuclear power plant, you should get a guide called “Emergency Planning for Millstone Station” in the mail every year. Make sure you put that guide in your emergency supply kit. If you live within 10 miles of a nuclear power plant, you should know the evacuation routes for your neighborhood.

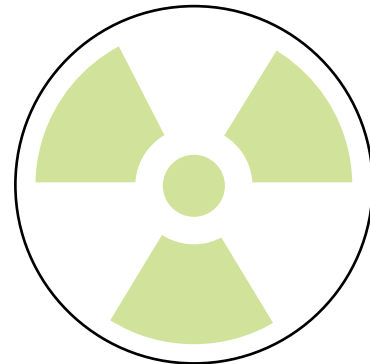
WHEN A NUCLEAR OR RADIOLOGICAL EMERGENCY HAPPENS:

- During and after a release of radioactive materials, local, state and federal authorities will monitor the levels of radiation and decide what protective actions to take.
- The best action will depend on the emergency. Tune to your local TV, radio stations and Internet for information and instructions during any emergency.
- If large amounts of radioactive materials are released in a radiological emergency, you may be told to “shelter in place,” which means to stay in your home or office; or you may be told to move to another location.
- If you are told to shelter in place, you should do the following:
 - Close and lock all doors and windows.
 - Turn off fans, air conditioners, and forced-air heating units that bring in fresh air from the outside. Only use units that recirculate air that is already in the building.

- Close fireplace dampers.
- If possible, bring pets inside.
- Move to an inner room or basement.
- Keep your radio tuned to the emergency response network or local news to find out what else you need to do.
- Do not leave your shelter until you are told that it is safe by local officials.
- If you are told to evacuate, follow the directions from your local officials. Leave the area as quickly and orderly as possible. Also:
 - Take a flashlight, portable radio, batteries, first-aid kit, supply of sealed food and water, hand-operated can opener, essential medicines, extra clothes, cash and credit cards.
 - Take pets only if you are using your own vehicle and going to a place you know will accept animals. Emergency vehicles and shelters usually will only accept service animals and will not accept pets.

AFTER A NUCLEAR OR RADIOLOGICAL EMERGENCY:

Check your local TV and radio stations and the Internet for official news, information and instructions.



Connecticut has special plans in case there is an emergency at the nuclear power plants at either the Millstone Station in Waterford, Connecticut or Indian Point in Buchanan, New York. These plans include many specific steps the state takes to protect the health and safety of all Connecticut residents. If an emergency happens at one of these facilities, public safety officials will begin the state emergency response plan and tell residents what is going on and what to do.

DRINKING WATER EMERGENCIES

Contamination (dangerous chemicals or substances) of drinking water does not happen very often in Connecticut. However, contamination may be caused by water system failures, accidents or terrorist attacks. For example, things like chemicals or animal and human waste can get into our water supply and make our water dangerous to drink. Also, if our drinking water isn't treated or "cleaned" the right way, it may not be safe to drink. Residents like you, along with the people who take care of our drinking water supply and our government officials, all have to work together to prevent a drinking water emergency.

The Connecticut Department of Public Health and other agencies across the state take important steps to make sure our drinking water is safe and to respond quickly if there is an emergency. The Department of Public Health (DPH):

- Helps water companies maintain the quality and health of drinking water.
- Makes sure water companies have enough water for all customers.
- Helps the people who maintain our drinking water prepare for an emergency.
- Responds to drinking water emergencies across the state.
- Works with the federal Environmental Protection Agency and the Dept. of Homeland Security on matters relating to drinking water security.
- Practices different security and response plans so people are ready in case there is an emergency.

Your drinking water may not be safe during or after an emergency, like a hurricane. You will be told by your water company or government officials when and if your drinking water is not safe. Water that is discolored, has an odor, or has floating pieces in it should NOT be used. Listen to the news or your water company to know if your water is safe.

You may be told to treat your drinking water in an emergency or use another source of water. To protect you and your family, you should do **ONE** of the following to make sure your water is safe to use:

- Boil your drinking water at a rolling boil for one minute. Make sure water is clear of floating pieces before boiling; OR,
- Use sealed bottled water; OR,
- Add eight drops of liquid chlorine bleach for every gallon of clear water or 16 drops for every gallon of cloudy water. Do NOT use household bleach that has perfumes or ingredients other than sodium hypochlorite as it may be toxic; OR,
- Add water purification tablets as directed on the package. (When using treatment chemicals, be sure to mix the water completely and let it stand for at least 30 minutes before using it.)

IF YOU SEE SOMETHING, SAY SOMETHING

If you notice suspicious people or activities near public drinking water sources or water supply facilities, you should report them to local authorities. Suspicious activities might be:

- People climbing or cutting a fence around a water supply facility.
- People dumping materials into a drinking water reservoir or water supply.
- Strange, unmarked trucks or cars parked near a water source or water treatment facility.
- People opening or tampering with manhole covers, fire hydrants, buildings or equipment.
- People climbing on water storage tanks.
- People photographing, videotaping, or taking notes on water company facilities, structures, or equipment.
- Strangers "hanging out" around locked gates of water supply facilities or water sources.

PANDEMIC FLU EMERGENCIES

WHAT IS A FLU PANDEMIC?

A flu pandemic happens when a new kind of flu virus causes people to get sick all over the world. It can last for many months, affect many different places and be very dangerous. Millions of people around the world might get very sick. Many people could die. In the 1900s there were three flu pandemics, including the Spanish Flu of 1918 which caused over 40 million deaths worldwide (over 500,000 in the U.S.) According to the Centers for Disease Control and Prevention (CDC), during the H1N1 influenza pandemic in 2009 more than 60 million people got sick, more than 274,000 were hospitalized, and more than 12,000 died in the U.S. No one knows for sure when, or where, the next flu pandemic might happen, but everyone should be prepared.

WHAT CAUSES A FLU PANDEMIC?

When an animal flu virus mutates (changes form) and spreads to humans.

WHAT TO EXPECT:

- A lot of sick people
- Hospitals and clinics with long lines, lack of medicine
- Closed schools, businesses, stores, banks and government offices
- Limited supplies (food and water)
- Limited services (power, water, garbage collection)

WHAT YOU SHOULD DO:

- Eat a balanced diet and get plenty of rest
- Exercise daily
- Stay away from anyone who is sick
- Stay home from work or school if you feel sick
- Clean the surfaces of shared objects (telephones, countertops, doorknobs)
- Listen for school and work closings
- Avoid touching your eyes, nose or mouth (these are attack areas for the flu virus)
- Make sure your Emergency Supply kit is ready

GOING TO WORK:

- Stay home if you can or if you are sick
- Plan on getting your work done with less people
- Expect to do things that usually aren't part of your job

Connecticut has an action plan in place if a flu pandemic breaks out. Check your local TV and radio stations and the Internet for information and instructions.

For more information about pandemic flu, go to www.ct.gov/ctfluwatch.

CONNECTICUT STATE EMERGENCY PREPAREDNESS PARTNERS

Each of Connecticut's state agencies and commissions work to strengthen Connecticut's level of emergency preparedness.

The Connecticut Department of Emergency Services and Public Protection (DESPP) is in charge of the state's emergency plans and procedures.

DESPP assists all of Connecticut's 169 cities and towns, and two tribal nations in emergency planning and responding to an emergency.

The Department of Public Health (DPH) is in charge of protecting and promoting the health and safety of the people of Connecticut. DPH works with many different partners, including local health departments, tribal nations, hospitals, police, and other state agencies and community partners. They help make sure the state has the procedures and equipment to help protect people's health during and after an emergency.

OTHER STATE PARTNERS:

Bureau of School Facilities
Commission on Fire Prevention & Control
Commission on Deaf and Hearing Impaired
Connecticut Television Network (CTN)
Department of Administrative Services
Department of Agriculture
Department of Children & Families
Department of Consumer Protection
Department of Correction
Department of Developmental Services
Department of Energy and Environmental Protection
Department of Labor
Department of Mental Health & Addiction Services
Department of Social Services
Department of Transportation
Military Department
Office of Policy & Management
Office of State Fire Marshal
Office of the Chief Medical Examiner

IMPORTANT PHONE NUMBERS & WEBSITES

IN AN EMERGENCY CALL 9-1-1

Connecticut Department of Emergency Services and Public Protection. 1-860-685-8190

www.ct.gov/demhs

www.twitter.com/ctdemhs

Connecticut Department of Public Health. 1-860-509-8000

www.ct.gov/dph/prepare

www.twitter.com/ctdph

Connecticut Poison Control Center 1-800-222-1222

United Way Information Line 2-1-1

Red Cross 1-877-CT-REDCROSS (1-877-287-3327)

www.redcross.org

Tip Lines

Report suspicious terrorist activities 1-866-HLS-TIPS (1-866-457-8477)

Connecticut radio and television stations are a timely source of information in an emergency.

HOW CAN I HELP?

- Call the American Red Cross, Connecticut Blood Services Region at 1-800-GIVE LIFE (1-800-448-3543) to make an appointment to donate blood.
- Contact the relief agencies/organizations in your area to see what they may need, such as clothing or food.
- Take a Basic First-Aid or CPR class.
- Consider joining a Community Emergency Response Team (CERT). Contact your local town or city for more information.
- Consider volunteering for a public health response team. Contact your local health department/district for more information.
- Form a neighborhood watch program to be better prepared for potential future events.



This Connecticut Preparedness Campaign is funded by grants from the federal Centers for Disease Control and Prevention.