

Bethel & Redding Health Departments

Emergency Preparedness Guide

Family/Individual Emergency Preparedness
Contains Important Planning Information

- **Family Communication & Emergency Plans**
- **Emergency Supply Checklist**
- **First Aid Kit Checklist**
- **Information Resources**

3 Part Plan

Part 1. Family

Communication & Emergency Plans

During emergencies, it may be necessary for you to stay home or evacuate. Plan for ways of contacting family members in either type of emergency, and be ready to activate your plan.

Link all family members (children, elderly parents, aunts, uncles, etc.)

Decide on meeting spots on your property, in your neighborhood & outside of your neighborhood and discuss with family. You may need a 1st, 2nd and 3rd option in case the original is not available.

Choose an out of town contact for all family members to check in with in case local communication fails.

If there is no communication available, direct members to go to an assembly place.

Be prepared with a plan for your pet – keep a list of pet friendly places (boarding/shelters)

Remain calm, listen for instructions: **activate your emergency plan**

Part 2. Supplies

Sheltering in Place Supply Kit

Pre assembled kits are available at the Red Cross or on their website locally and at some local retailers. Supplies should be organized and kept where they can be reached easily. Keep at least 3 days to 2 weeks of supplies on hand. Each family and individual must assess their own situation and needs in order to design a supply stockpile that works for them. The supplies should be rotated at least every 6 to 12 months.

Sheltering in Place Supply Kit

- 1 gallon of water per person per day
- Protein/granola bars/trail mix/dried fruit/nuts
- Crackers/dry cereal
- Canned goods
- Juice, Ensure, etc.
- Portable Radio (crank or battery-powered)
- Flashlight(s) and extra batteries
- Can opener (manual)
- Plates/cups/utensils (paper/plastic)
- Toiletries (hand sanitizer, toilet paper, feminine hygiene products, dental care etc.)
- Infant Items (diapers, wipes, formula, food)
- Prescription medications
- Plastic sheeting/duct tape to seal room if necessary
- Plastic bags and ties
- Face masks (N95/surgical) Consult your medical professional
- Pet food/additional water
- Sleeping bags/warm blankets
- Cash

Evacuation Supply Kit

In case you must leave your home quickly, **decide which of the supply items noted above are needed** for where you are going and take **your first aid kit and Go kit**. The Go Kit should contain the following:

- Rope/waterproof matches/shovel
- Extra eye glasses
- Cash and copies of personal documents stored in waterproof container: birth/marriage certificates, wills, passports, insurance papers, contact information (relatives, doctors, etc.) credit cards, checkbook
- Assemble a portable pet disaster kit including food, medication & sanitary needs
- Pet documents, leash, pet carrier, photo in case pet is lost, ID tags, phone number
- Change of clothing, comfortable shoes
- Sleeping bags/ warm blankets

First Aid Kit

Your kit should contain these basic items. You can keep the kit in your car.

- First Aid instruction book
- Non-latex gloves
- Sterile dressings
- Rolled gauze, variety of sizes
- Adhesive tape and bandages (variety of sizes)
- Antibiotic ointment
- Hydrogen peroxide
- Hydrocortisone
- Anti-diarrhea medication
- Sanitizer (wipes or antibiotic toiles)tes)
- Eye Wash solution
- Aspirin or non-aspirin pain reliever
- Disposable cold packs
- Small scissors
- Tweezers
- Thermometers
- Sunscreen

CPR and First Aid training are critical and both are available through the American Red Cross.

Special note on pets:

Remember that what's best for you is usually best for your pets. In an emergency, you need to prepare in advance for your pets. Make a back up plan. Talk to your veterinarian about emergency planning.

Part 3. Action

Tune in to Radio/TV stations for instructions

Know how to confirm situation details

Follow instructions

Engage your family/ social neighborhood/ community network

If you must evacuate your home, you must protect your pets by evacuating them too.

Activate your emergency plan

Breath, Stay Calm, Think & Follow through

Preparedness Action Steps:

Whether the emergency is man-made such as chemical spills, gas explosion or terrorist event, or natural such as flooding, tornado, hurricane, or pandemic flu, there are steps we can take to prepare ourselves and our families.

The first and best protection starts at home. There are 3 main parts to preparedness for you to initiate in order to protect yourself and loved ones:

1. Family Communication & Emergency plans
<http://www.bethelct.org/health/forms/prepared.pdf>

2. Sheltering in place supplies
<http://www.ready.gov/america/getakit/index.html>

Emergency plan for pets:
http://www.ready.gov/america/_downloads/pets.pdf

Evacuation Supplies
http://www.bethelct.org/health/hd_grabngo.html

3. Action – Be Prepared to Act
Please use this brochure as a guide to help provide yourself and your family with a greater peace of mind.

How You Can Help

Volunteers are critically necessary in any emergency. There are numerous ways to be involved in citizen preparedness. Contact your Health Department or visit our website for further information:

http://www.bethelct.org/health/health_dept.html

Bethel and Redding Health Departments

Bethel Health Dept.
1 School Street
Bethel, CT 06801
Phone: 203-794-8539
Fax: 203-794-8145

Redding Health Dept.
P.O. Box 1028
Redding, CT 06896
Phone: 203-938-2559
Fax: 203-938 5027

Email: bhdadmin@bethetownhall.org

Resources:

Town of Bethel Health Department
http://www.bethelct.org/health/health_dept.html

Connecticut Department of Public Health
<http://www.dph.state.ct.us>

U. S. Centers for Disease Control & Prevention
<http://www.bt.cdc.gov>

American Red Cross
<http://www.redcross.org>

U.S. Department of Homeland Security
<http://www.ready.gov>

Federal Emergency Management Agency
<http://www.fema.gov>

Prepared by:
Bethel & Redding Health Departments in partnership with:

Bethel Board of Selectmen
Redding Board of Selectmen
Bethel Visiting Nurse Association
American Red Cross