

Community Emergency Preparedness Newsletter

Sponsored By Bethel, Redding & Ridgefield Health Departments (Region 6 MDA)

Are You Prepared For A Natural Disaster, Or Pandemic Flu?

“Family Communication Plan” “Prescription Wallet Card” “Pantry Filled”

Take the time - Know that you are prepared for an extended stay at home

Keep on hand a two-week supply of the following food and non-perishables:

- Water (one gallon per person per day)
- Ready to eat canned meats, fish, fruits, vegetables, beans, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Canned or jarred baby food and formula
- Pet food
- Other nonperishable foods

Be sure to have on hand the necessary medical, health and emergency supplies:

- Soap and water, or alcohol-based (60-95%) hand cleanser
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Vitamins
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers
- Surgical Masks (N95) - get your Dr's approval as masks can decrease oxygen intake [make sure you pick a mask that "fits well" (example snug fit) or get tested for proper fit]

Learn how to limit the spread of germs and prevent infection:

- Cover coughs and sneezes with disposable tissues
- Use disposable tissues
- If tissues are not handy cough/sneeze into the crook of your arm
- Clean your hands frequently with soap and water or alcohol-based (60-95%) hand cleanser
- Stay home if you are sick
- Stay away from others who are sick

For more information on Communication plan, Prescription Wallet Card, Emergency Preparedness:

- http://www.bethelct.org/health/health_dept.html
- <http://www.pandemicflu.gov/>
- <http://www.cdc.gov/flu/>

Individual / Family Emergency Preparedness Checklist

Item	Not Started Yet	In Progress	Complete
Family Communication Plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pantry/Home supplies for 2 weeks or longer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Kit Supplies available to take and go if necessary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription (Medication) Wallet Card	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understand how to limit the spread of germs and prevent infection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know how to take care of family members while controlling the spread of germs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Individual/Family Support Plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work Plan for Pandemic Flu Emergency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neighborhood/Group Support Plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Key Community information available and updated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOW PREPARED ARE YOU?	Mostly "Not Started Yet"	Mostly "In Progress"	All Complete
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*You're in Trouble!
Just start today!*

*You have more work to
do. You've made a good
start.*

***You are prepared for
any emergency –
HURRAY!***