

## HOME DISASTER KIT GUIDE

Plan for an emergency with a home or car “disaster kit,” especially since you may not have electricity, water, heat, telephone service, or public transportation.



### ITEMS TO INCLUDE ARE:

- **BOTTLED WATER:** Store in plastic containers. Estimate one gallon, or 128 ounces, of water per person/per day and include any for your pets.
- **CANNED AND PACKAGED FOODS:** Choose ones that don't require refrigeration or cooking like dried fruit or meats, boxed juices, peanut butter, crackers, protein bars, trail mix, ready-to-eat soups, canned beans, powdered milk, etc.
- **FIRST-AID SUPPLIES:** Bandages, tweezers, thermometer, safety pins, soap, rubber gloves, waterless soap, over-the-counter medicines, e.g., aspirins, cough syrups, antacids. Include at least a week's supply of prescription medications.
- **HOUSEHOLD SUPPLIES:** Manual can opener, bedding and blankets, toilet paper, eating utensils, books, magazines, aluminum foil, extra set of car keys, garbage bags, battery-operated radio.
- **TOOLS:** Batteries, hammer, scissors, flashlights, smoke detectors, fire extinguisher, pliers, compass, water-proof matches, plastic storage containers, flares, pens, pencils, plastic sheeting, candles, whistle, duct tape, signal flares, local map, etc.
- **EXTRA CLOTHES:** Include one or two complete changes of clothing per person. Choose comfortable and sturdy shoes or boots, socks, pants, rain gear, hats and gloves, thermal underwear and sunglasses.
- **IMPORTANT PAPERS:** Wills, insurance policies, passports, immunization records, phone numbers, credit cards, and social security cards should be kept in the “disaster kit” in a water-tight container.
- **BABY ITEMS:** If you have an infant, store formula, diapers, plastic bottles, powdered milk, water, and medication.
- **REMEMBER YOUR PETS:** Store dry or canned foods, water, an airline pet carrier for each animal with ID (if appropriate), photo, vaccination record, a special needs list (if applicable), and a muzzle/leash. The Connecticut Humane Society (860-594-4502) has more information on emergency plans for pets.

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## PERSONAL EMERGENCY PLAN

### BE PREPARED: PRACTICE YOUR PLAN

Your ability to react to a townwide emergency, and to care for yourself and your family during such an event or disaster, will depend upon advance planning and preparation that includes time for practice. It's important that the plan include every person you might be responsible for in the event of an emergency.

### CHOOSE A SAFE PLACE AT HOME FOR AN EMERGENCY SHELTER

Once you have created your disaster kit, you should select a room in your home in which the entire family can live for an extended period of time, perhaps several days.

### KEEP DISASTER KIT UP-TO-DATE

Your disaster kit contents should be in one easy-to-carry container, like a trash can or backpack, and stored in an easy-to-reach place in your home or apartment. If you own a car, keep a smaller version of the kit there as well. Date food, water, and medication. Change these supplies every six months.

### STORE EMERGENCY MEDICAL EQUIPMENT IF NECESSARY

Ask your pharmacist or doctor about storing medicine for family members who are ill or elderly. CONTACT THE SOUTHLINGTON FIRE DEPARTMENT at: 621-3202, Ext. 1, IF SOMEONE IN YOUR FAMILY REQUIRES LIFE SUPPORT EQUIPMENT THAT MUST BE STORED, such as a ventilator, respirator, oxygen equipment, etc.

### IN THE EVENT OF AN EMERGENCY ALWAYS CALL: 911

### WHAT TO EXPECT IF THE POWER IS OUT

It's important to avoid downed power lines outside and shut off all appliances — stoves, refrigerators, air conditioners, etc.

Depending upon how much and the type of food you have in your refrigerator, most of it will stay cold for a day or two if you keep the freezer and refrigerator doors closed. Please keep in mind that you should not refreeze food that has thawed out once the power returns.

If you have an electric pump for water, it will not work. Gas appliances may not operate if they use any electricity. Be sure to contact a licensed electrician in advance if you plan to use a portable generator during an emergency. Do not use kerosene heaters except in well-ventilated rooms and NEVER USE GAS OVENS AS HEAT SOURCES.

CONTACT NORTHEAST UTILITIES for information on using emergency generators and other facts about power outages: 1-800-286-2000.

This Guide is available in English. Additional copies are located at Town Hall, area libraries, and local fire and police stations. Please retain this guide in your home in a secure and easy-to-reach place.

The guide is also available on Southington's town Web site as a PDF file: <http://www.southington.org/departments/health.shtml>

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Southington, Connecticut

## Community Emergency Preparedness Guide



We all know that there's nothing more important to us as residents of Southington than our health and safety. Planning and preparing the town for the unexpected is vital to helping all of us deal with loss of electricity, hurricanes, heavy flooding and winter storms, hazardous material spills, disease outbreaks and even acts of terrorism. This guide presents what town officials and you, as residents, can and will do in the event of a townwide emergency.

**In a personal or family emergency, always call 911 for immediate help.**

— VICTORIA TRIANO  
CHAIRMAN, SOUTHLINGTON TOWN COUNCIL

**Southington Non-Emergency  
Public Safety Calls:  
Police: 621-0101  
Fire: 621-3202**

A PUBLICATION of Southington Health Dept.  
Adapted from East Hartford Health and Social Services

## EMERGENCY OPERATIONS PLAN



### LOCAL PUBLIC SAFETY AGENCIES PREPARED FOR TOWNWIDE EMERGENCIES

In the event of a townwide emergency, police, fire and other staff will be called to duty to help ensure public safety. Local public health, medical, hospital, transportation, school, and volunteer organizations will also be called upon to assist.

### VOLUNTEER CORPS ON CALL

Southington Health Department also expects to recruit and train more than 200 community volunteers to help out in the event of an emergency like smallpox.

### CHECK LOCAL TV AND RADIO FOR INFORMATION

Area radio and TV stations will broadcast up-to-date information and instructions to residents. If the emergency requires you to evacuate, or leave your home or apartment, the following stations will have instructions on where to go and what to bring:

- WTIC (1080 AM)
- WDRC (1360 AM)
- Channel 5, Southington Community TV

### EMERGENCY SHELTER LOCATIONS

For certain emergencies you may be told to go to an emergency shelter. Southington High School is the town's primary emergency shelter, with the other schools as secondary shelter locations. In certain situations, however, staying in your home, at your job site, or with a neighbor will be the best thing to do. Town leaders will provide information to help you make the right decision.

### CREATE YOUR OWN PERSONAL EMERGENCY PLAN

Like the town, individuals and families need an "emergency plan." Use this checklist to help organize your plan.

- **CREATE AN EMERGENCY COMMUNICATION PLAN:** Select an out-of-town contact each family member will check in with either by phone or e-mail. Practice your plan and update it every six months
- **CHOOSE A MEETING PLACE:** Select a place to meet that is away from your home, in case you can't go home during the emergency.
- **TRANSPORTATION BACKUP PLAN:** Try to maintain a full tank of gas in the family's car(s) and/or keep an updated bus schedule or be aware of other transportation alternatives.
- **CURRENT LIST OF PHONE NUMBERS:** Include pharmacy phone numbers and medications taken by family members.
- **KEEP A DISASTER KIT HANDY:** Pack a family "disaster kit" with sufficient food, clothing, and safety items for each person for up to five days (please see page 5 for a detailed list of items to include).

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## SMALLPOX EMERGENCY PLAN

Today, communities need to be prepared for new and rapidly spreading diseases, and threats of bioterrorism. Emergency Preparedness is also an individual responsibility. This guide, published by your Department of Health, highlights Southington's response to these newer concerns, including anthrax, SARS, harmful chemical and biological agents, and smallpox. It is being published to help you prepare for these emergency conditions. Please keep this guide in your home in an easy-to-reach-place, and refer to it in an emergency.

— CHARLES I. MOTES, JR.,  
M.S., M.P.H., R.S.

### A NATIONAL, STATE, OR TOWNWIDE EMERGENCY

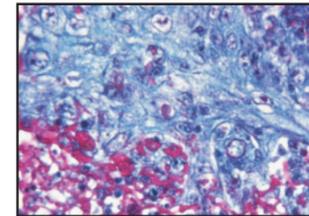
If a single case of smallpox occurs anywhere in the United States, the President will likely declare a National Emergency. Connecticut's Governor will then declare a State of Emergency. If this occurs, the town will carry out its voluntary "mass vaccination" plan for Southington and Plainville residents. *A vaccination is like a shot; it is given to protect you from an illness or disease.*

A person with smallpox can transmit the disease to others after a rash appears. Getting the vaccination before exposure will protect most people from smallpox. In the unlikely event that a person is exposed to smallpox, vaccination within the first few days of exposure will completely prevent or significantly reduce smallpox in most people. Getting vaccinated within a week of exposure will provide some protection from the disease.

### TEN-DAY VACCINATION PLAN

Once a State of Emergency is declared, the Southington Town Manager will announce the location of the Southington's "vaccination clinic" where residents can go if they choose to receive the vaccination.

**NOTE: ONLY THOSE WHO LIVE IN SOUTHTON OR PLAINVILLE CAN RECEIVE A VACCINATION IN SOUTHTON.**



COURTESY OF THE CENTER FOR DISEASE CONTROL

**SMALLPOX IS AN INFECTIOUS** disease caused by a virus. It is spread from one person to another by exposure to the infected person's body fluids, from coughing, for instance. It can also be spread by touching clothing, bedding, or personal items used by someone who has smallpox. While the last reported case of smallpox occurred in 1977, Southington has developed a response plan in case of a new outbreak of the disease. Included here is an outline of the steps Southington will take to protect you and your family if a smallpox emergency occurs.

COURTESY OF THE CENTER FOR DISEASE CONTROL



### EMERGENCY SMALLPOX VACCINATION PROCESS

The Director of Health has put together a Leadership Team responsible for operating a townwide emergency smallpox vaccination clinic. Transportation and security measures are in place. Medical staff and volunteers will be trained to administer the

vaccinations at a clinic that will operate 16 hours a day during this time.

### LOCATION OF SMALLPOX VACCINATION CLINIC WILL BE BROADCAST

Residents will be instructed where to go and in what order by radio, television, and newspaper announcements. People will be vaccinated over a 10-day period based on the first letter of the last name of the Head of Household. Daily announcements will be made about which letters can report to the clinic. People are expected to go to the vaccination clinic on their assigned day, which may mean taking children out of school and time off of work for adults. Heads of Household should bring additional family members living in Southington with them to the clinic on the same day they are scheduled to receive a vaccination. Arrangements will be made for those few non-mobile individuals who are unable to make the trip to the vaccination clinic.

### WHAT TO EXPECT AT THE CLINIC

Everyone getting a shot must have identification, such as a current driver's license, passport/visa, student or employee ID. You can also use birth certificates, social security cards, or a copy of a lease with your name and address. Expect to stay at the clinic approximately 90 minutes. Volunteer staff will gather medical history for each person getting vaccinated. Adults will sign a consent form for themselves and children under age 18. Each person will watch an informational video. Staff will check the forms and answer your questions. No shots will be given to children under the age of 12 months. Parents and/or caregivers of infants younger than 12 months should make childcare arrangements for when they are at the clinic.

### WHAT TO EXPECT AFTER YOUR VACCINATION

Clinic staff will give you instructions that will help you know what to expect in the days ahead, including how to keep your vaccination clean and covered. Typically the vaccination will protect a person from smallpox for 3-5 years. In most cases, people who receive a vaccination do not experience any negative side effects. If you do become ill after receiving a smallpox vaccination, however, medical staff at the vaccination clinic will provide care and refer you to a medical provider.

### The usual stages after a vaccination include:

- WEEK 1:** Within 3 or 4 days you will get a red and itchy bump on your arm where you got the shot. This will turn into a blister, full of fluid, which will eventually drain.
- WEEK 2:** The blister on your arm will begin to dry and form a scab
- WEEK 3:** The scab will fall off leaving a small scar.

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