

CREATING YOUR "DISASTER KIT"

It's important that each family or individual have a "disaster kit" made up before an emergency arises, especially since you may not have electricity, water, heat, telephone service, or public transportation. Items to include are:

- ☑ bottled water in plastic containers (estimate one gallon, or 64 ounces of water per person/per day; you may need more if you are caring for pets)
- ☑ canned and packaged foods 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
- ☑ first-aid supplies (bandages, tweezers, thermometer, safety pins, soap, rubber gloves, waterless soap, over-the-counter medicines, e.g., aspirins, cough syrups, antacids; at least a week's supply of prescription medications)
- ☑ household supplies (non-electric 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)
- ☑ one or two complete changes of clothing per person (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, social security cards - should be kept in the "disaster kit" in a water-tight container
- ☑ if you have an infant, store formula, diapers, plastic bottles, powdered milk, water and medication
- ☑ if you have a pet, store dry or canned foods, water, an airline pet carrier for each animal with ID (if appropriate), photo, vaccination record, special needs list and a muzzle/leash. **The Connecticut Humane Society at: 860-594-4502 has more information on emergency plans for pets.**

PERSONAL PLANNING FOR AN EMERGENCY

Your ability to react to a town-wide 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 includes everyone you might be responsible for in the event of an emergency.

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. Your Disaster Kit contents should be in one easy-to-carry container like a trash can, backpack or other carrying piece and stored in an easy-to-get-to 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.

Ask your pharmacist or doctor about storing medicine for family members who are ill or elderly. CONTACT THE EAST HARTFORD FIRE DEPARTMENT at: 528-4171, Ext. 0 IF SOMEONE IN YOUR FAMILY REQUIRES LIFE SUPPORT EQUIPMENT - ventilator, respirator, oxygen equipment, etc. that must be stored. ***In the event of an emergency always call: 9-1-1***

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 freezer and refrigerator doors closed. Please keep in mind that you should not refreeze food that has thawed out once the power returns.

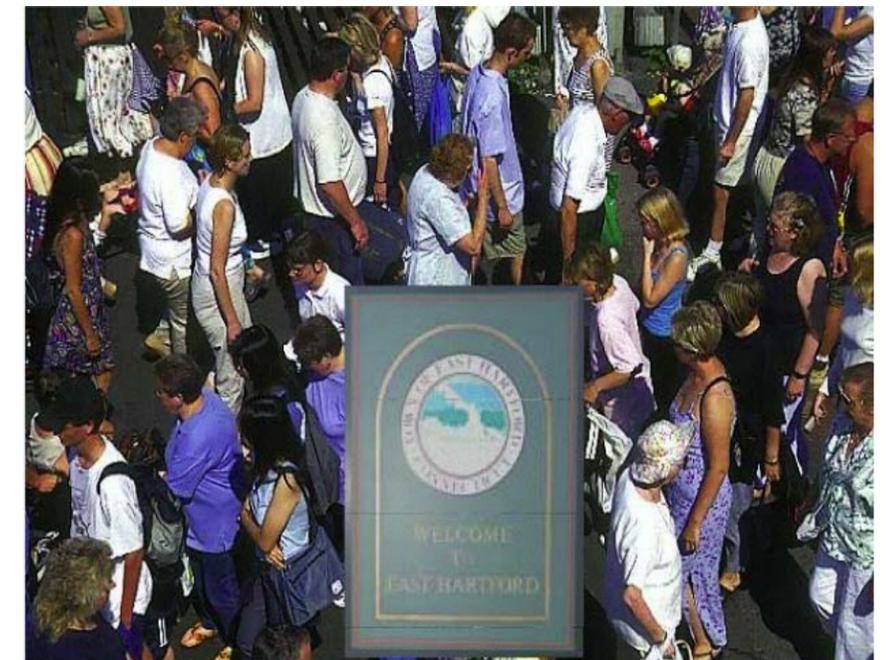
If you have an electric pump for water, it will not work and gas appliances may not operate if they use any electricity. Be sure to contact a licensed electrician in advance if you plan to use a portable generator during an emergency. Do not use kerosene heaters except in well-ventilated rooms and NEVER 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 Spanish and 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 the Town website: <http://www.ci.east-hartford.ct.us> (PDF file)

EAST HARTFORD, Connecticut COMMUNITY EMERGENCY PREPAREDNESS GUIDE

There is no issue more important to a community as the health and safety of its residents. **Therefore, it's important to remember that in a personal or family emergency, always call 9-1-1.** **Additionally,** we know that as a town, planning and preparing for unexpected emergencies is vital to helping all East Hartford residents cope with power outages, heavy rains and floods, hazardous material incidents, disease epidemics and even terrorist attacks. The Guide presents what East Hartford officials and you, as town residents, will do in the event of a town-wide emergency.

- Mayor Timothy D. Larson



Non-Emergency East Hartford Public Safety Calls:
Police: 528-4401
Fire: 528-4171

A PUBLICATION of East Hartford
Health & Social Services
(1 of 4 in the Emergency Preparedness Series)

EAST HARTFORD'S EMERGENCY OPERATIONS PLAN

In the event of a town-wide 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. East Hartford Health and Social Services also expects to recruit and train more than 200 community volunteers to help out in the event of an emergency like smallpox.

Area radio and TV stations will broadcast up to date information and instructions to residents on WTIC (1080 AM); WDRC (1360 AM) and Channel 5, East Hartford Community TV. If the emergency requires you to evacuate, or leave your home or apartment, these stations will have instructions on where to go and what to bring. For certain emergencies you may be told to go to an emergency shelter. East Hartford High School is the town's primary emergency shelter, with East Hartford Middle School and Langford Elementary School 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.

YOUR PERSONAL EMERGENCY PLAN

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

- An emergency communication plan - select an out-of-town contact each family member will check in with either by phone or email; practice your plan and update it every six months
- A meeting place to come together that is away from your home, in case you can't go to your home during the emergency
- A full tank of gas in the family's car(s) and/or an updated bus schedule
- A current list of pharmacy phone numbers and medications taken by family members
- 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)



Being prepared can help when the unexpected happens . . .

A MESSAGE FROM THE DIRECTOR OF HEALTH & SOCIAL SERVICES

Regrettably, communities now need to be prepared for emerging, rapidly spreading diseases, including threats of bioterrorism. Emergency Preparedness is also an individual responsibility. This Guide, the first in a planned series by the Department of Health and Social Services, highlights East Hartford'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 retain this Guide in your home in a secure and easy-to-reach-place.
- Baker Salsbury, MPH, MSW, MHSA

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 East Hartford residents.

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 Mayor of East Hartford will announce the location of the town's "vaccination clinic" where residents who choose to receive the vaccination will be instructed to go. *A vaccination is like a shot; it is given to protect you from an illness or disease.* ONLY THOSE WHO LIVE IN EAST HARTFORD CAN RECEIVE A VACCINATION IN EAST HARTFORD.

A SPECIFIC CASE: A SMALLPOX EMERGENCY

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, East Hartford has developed a response plan in case of a new outbreak of the disease. Included here is an outline of the steps East Hartford will take to protect you and your family if a smallpox emergency occurs.

GETTING VACCINATED

The Director of Health has put together a Leadership Team responsible for operating the town-wide vaccination clinic. Transportation and security measures are in place. Medical staff and volunteers will be trained to administer vaccinations; the clinic will operate 16 hours a day during this time.

Residents will be instructed where to go and in what order by radio, television and newspaper announcements. People will be vaccinated over the ten-day period based on the **first letter of the last name of the Head of Household**. Daily announcements will be made about which letters should report. **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. Those bringing family members who live in East Hartford to the clinic, should bring them on the same day they are 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.

Everyone getting a shot must have identification; best is a photo ID - 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 ninety minutes. A medical history will be taken for each person getting vaccinated, and adults will sign a Consent Form. There will be a video to watch. Staff will check the forms and answer your questions. *No shots will be given to children under the age of one; parents and/or caregivers of infant children 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.