

# HURRICANE PREPAREDNESS

When the potential for severe weather threatens to impact our area, the most important thing you can do is to get yourself, your family and your home prepared.

By preparing early, you'll avoid the rush at home supply stores, grocery stores and all other venues that are typically crowded and often times chaotic when hurricane watches and warnings are issued.

Everyone should have a plan in advance of what you will do in an emergency. Here are some basic steps to prepare for the potential of a storm:

- Create a family emergency plan.
- You should have a plan in place to protect your pets.
- Learn about your community's response plan.
- Prepare an emergency supply kit and keep in a waterproof or airtight container.
- Keep all important documents in a waterproof or air tight container.
- Listen to NOAA Weather Radio for critical information from the National Weather Service.
- Bring in anything that can be picked up by severe wind.
- Close windows and doors.
- Turn your refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tanks and unplug small appliances.
- Fill your car's gas tank.

In order to make your preparations easier attached you will find recommendations for an emergency supply kit, a family emergency plan, and checklists of items that should be included in your supply kit. You can use the checklist to shop and organize your supply kit.

Also, you can find additional information on the City of Bridgeport's Website. <http://www.bridgeportct.gov/>. When you go to the website, go to Department Directory, under Public Safety click on Emergency Management and then click on Planning Toolkits.

# HURRICANE TERMINOLOGY

**Tropical Storm Watch:** issued when tropical storm conditions threaten a specific coastal area within 36 hours with the possibility of sustained winds from 39 - 75 mph.

**Tropical Storm Warning:** tropical storm conditions are expected to affect specific coastal areas within 24 hours with winds from 39 74 mph.

**Hurricane Watch:** hurricane conditions are expected to affect specific coastal areas within 36 hours.

**Hurricane Warning:** sustained winds of 74 mph or higher and are expected to affect coastal areas within 24 hours.

**Eye:** center of hurricane with light winds and partly cloudy skies with winds ranging from 5 - 60 mph.

**Eye Wall:** location within a hurricane with the most damaging winds and intense rainfall.

## Hurricane Scale:

- **Category 1** - 74-95 mph winds, storm surge of 4-5 ft.
- **Category II** - 96-110 mph winds, storm surge of 6-8 ft.
- **Category III** - 111-130 mph winds, storm surge 9-12 ft.
- **Category IV** - 131-155 mph winds, storm surge 13-18 ft.
- **Category V** - 155+ mph winds (catastrophic)

# Ready

# Family Emergency Plan

Prepare. Plan. Stay Informed.



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Regional Meeting Place: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Fill out the following information for each family member and keep it up to date.

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

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Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School Location One

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Work Location Two

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School Location Two

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Work Location Three

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School Location Three

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Other place you frequent

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Other place you frequent

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies

# Ready

# Family Emergency Plan

Prepare. Plan. Stay Informed.



Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.


Blank lined area for notes at the top left.

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**ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION**

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### Family Emergency Plan




EMERGENCY CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_

DIAL 911 FOR EMERGENCIES


**Ready** 

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**ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION**

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### Family Emergency Plan




EMERGENCY CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_

DIAL 911 FOR EMERGENCIES

**Ready** 


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**ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION**

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### Family Emergency Plan




EMERGENCY CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_

DIAL 911 FOR EMERGENCIES


**Ready** 

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**ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION**

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### Family Emergency Plan




EMERGENCY CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_

DIAL 911 FOR EMERGENCIES

**Ready** 

# EMERGENCY SUPPLY KIT CHECKLIST

## Emergency Supply Kits

Keep enough supplies in your home to survive on your own for three days, preferably in easily accessible and portable containers.

- A home emergency supply kit with essential food, water, and supplies—kept in a designated place and ready to “grab and go” in case you have to leave your home quickly. Make sure all household members know where the kit is kept.
- You should also have an emergency supply kit at work in one container, ready to “grab and go” in case you have to evacuate the building.
- A car kit of emergency supplies, including food, water, flares, jumper cables, and seasonal supplies.

The following checklists will help you assemble disaster supply kits that meet the needs of your household:

## Food & Water

- One gallon of water per person per day, for drinking and sanitation stored in clean plastic containers such as soft drink bottles.
- Store foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.

## Sample food selections:

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit and nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

## First Aid Supplies

Assemble a first aid kit for your home and for each vehicle, including these basics:

- First aid manual
- Sterile adhesive bandages and gauze pads in assorted sizes
- Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide
- Thermometer

- Antibiotic ointment
- Latex gloves (2 pairs)
- Scissors

Include the following nonprescription drugs:

- Aspirin and non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of ipecac (use to induce vomiting if advised by the poison control center)
- Laxative

## Tools and Other Items

- A portable, battery-powered radio or television and extra batteries (also have a NOAA weather radio, if appropriate for your area)
- Flashlight and extra batteries
- Matches in a waterproof container (or waterproof matches)
- Shut-off wrench, pliers, shovel and other tools
- Duct tape and scissors
- Small canister, A-B-C-type fire extinguisher
- Work gloves

## Household Documents and Contact Numbers

- Personal identification, cash (including change) or traveler's checks, and a credit card
- Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, blank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- Emergency contact list and phone numbers
- Map of the area and phone numbers of place you could go
- An extra set of car keys and house keys

## Specialty Items

Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children.

- For baby
- For the elderly
- For pets
- Entertainment: books, games, quiet toys and stuffed animals

# SENIORS and PEOPLE with SPECIFIC NEEDS

If you are a senior, or have special needs, you should take additional steps to plan for disasters and protect yourself in an emergency. If you have friends or neighbors with special needs, help them with these extra precautions:

- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure they know how to operate necessary equipment.
- If you have a hearing impairment, you should make special arrangements to receive a warning, either with equipment or through a family/friend notification system.
- Those with mobility impairments may need assistance in getting to a shelter and should make arrangements prior to a disaster. In addition, you should have an escape chair if you live or work in a high rise building.
- Discuss any special needs you have with your employer.
- Households headed by a single working parent may need help to plan for disasters and assistance during an emergency.
- Those who are non-English speaking may need assistance planning for and responding to emergencies and may need the services of interpreters or community groups.
- If you do not have a vehicle or cannot drive, you should make arrangements for transportation in the event of evacuation.
- Ensure that your emergency supply kit is stocked correctly if you have special dietary needs. (see "Emergency Supply Kit Checklist" section)
- Be aware of special assistance that may be available in your community. If offered in your community, register with 911, your local Office of Emergency Management or your local telephone service for assistance so help can be provided quickly in an emergency. Complete the Special Needs Survey at the end of the guide.
- If you live in an apartment building, ensure that management marks accessible exits clearly and assists you in making arrangements to help you evacuate the building.
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- If you do not have special needs yourself, identify those who do in your neighborhood or building so that you can assist them during emergencies.

## ***Special Notes for Those with Medical Needs***

- Store extra wheelchair batteries, oxygen, catheters, medication, food for guide or hearing-ear dogs, and other items you might need. Keep a list of the type and serial numbers of medical devices you need.
- Ensure that you have life-sustaining medications, equipment and oxygen (i.e., seizure, blood pressure, and heart medications, insulin, colostomy dressings, battery backup for machines or a generator, etc.) that will last through at least the disaster and recovery period (at least three days).
- Since there may be no phone service and pharmacies may close, plan in advance with your physician for a way to obtain emergency prescription refills.
- Have all medical and medically related records in order, including health care proxy, DNR orders, etc.
- If you are a care-giver for a person with special needs, be sure to have a plan to communicate if an emergency occurs.

**For more information on Specific Needs or Senior Preparedness please contact the Bridgeport Office of Emergency Management & Homeland Security at 203.579.3822**



SAVING LIVES & MINIMIZING DAMAGE--  
IS YOUR COMMUNITY PREPARED?

## Food and Water Checklist

### WATER

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).\*

### FOOD

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods



SAVING LIVES & MINIMIZING DAMAGE--  
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## First Aid and Non-Prescription Drugs

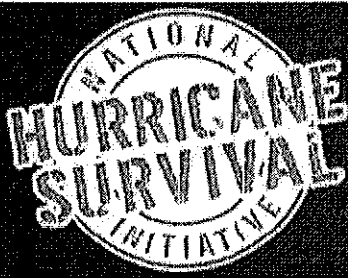
### FIRST AID KIT

Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield.

### NON-PRESCRIPTION DRUGS

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal (use if advised by the American Association of Poison Control Centers)



SAVING LIVES & MINIMIZING DAMAGE--  
IS YOUR COMMUNITY PREPARED?

## Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils\*
- Emergency preparedness manual\*
- Battery-operated radio and extra batteries\*
- Flashlight and extra batteries\*
- Cash or traveler's checks, change\*
- Non-electric can opener, utility knife\*
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)



SAVING LIVES & MINIMIZING DAMAGE--  
IS YOUR COMMUNITY PREPARED?

## Sanitation, Clothing and Bedding

### SANITATION

- Toilet paper, towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

### CLOTHING AND BEDDING

\*Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets or sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses



SAVING LIVES & MINIMIZING DAMAGE--  
IS YOUR COMMUNITY PREPARED?

## Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons.

### FOR BABY\*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### FOR ADULTS\*

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

### ENTERTAINMENT

- Board games and other games that don't require batteries or electricity, books for adult readers and for children.

### FOR PETS

- In the interest of protecting pets, the Humane Society of the United States offers these tips for inclusion in your family disaster plan:
  - Do not leave your pets behind.
  - Securely fasten a current identification tag to your pet's collar and carry a photograph of your pet. It's important to include the phone number of a friend or family member on the tag so anyone who may find your pet is able to reach someone who knows you.
  - Transport pets in secure pet carriers and keep pets on leashes or harnesses.
  - Call hotels in a safe/host location and ask if you can bring your pets. Ask the manager if a no-pet policy can be lifted during the disaster. Most emergency shelters do not admit pets.
  - Call friends, family members, veterinarians or boarding kennels in a safe/host location to arrange foster care if you and your pets cannot stay together.
  - Pack a week's supply of food, water and other provisions, such as medication or cat litter.
  - Do not wait until the last minute to evacuate. Rescue officials may not allow you to take your pets if you need to be rescued.
  - Keep a list of emergency phone numbers (veterinarian, local animal control, animal shelters, Red Cross, etc.).



SAVING LIVES & MINIMIZING DAMAGE--  
IS YOUR COMMUNITY PREPARED?

## Possessions and Documents

**Keep these records in a waterproof, portable container:**

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies

Inventory of valuable household goods, important telephone numbers

Family records (birth, marriage, death certificates)

Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.

Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

Ask your physician or pharmacist about storing prescription medications.