3 STEPS THAT HELP SAVE HUNDREDS OF LIVES EACH YEAR.

BE AWARE

PLAN

PREPARE

To learn how to get ready for the next severe storm, blizzard, heat wave, hurricane or other emergency, visit **GetReadyCapitolRegion.org**

GET CAPITOL REGION READY

BE AWARE. PLAN. PREPARE.

Disaster Supply Kit

- ☐ **Water**: Each member of your family will need one (1) gallon of water each day for drinking, cooking, and basic hygiene. For a family of four, a three-day emergency kit would require 12 gallons of water.

- ☐ **Nutrition**: Each member of your family will need 2,000-3,000 calories per day. The best way to prepare for this is to store non-perishable food that requires little or no preparation (including some canned goods, dry goods that require only hot water, and sealed goods such as granola bars or foil packages of tuna fish), or meals ready-to-eat (MREs). It is important that the food accommodate any special diets, such as baby formula for infants, high-calorie diets for pregnant and nursing mothers, or low-sodium foods for individuals with hypertension. Also, be sure you have a can opener or other tools needed to open food.

- ☐ **Information**: You should have a battery-powered or hand-cranked radio, or a NOAA Weather Radio, so you can receive warning and response information as it is issued even if the power goes out.

- ☐ **Communication**: It's a good idea for every member of the household, beyond a certain age, to have a mobile phone. You may want to consider purchasing a solar charger or other alternate charging system in case power is lost for an extended period.

- ☐ **Sleeping and Warmth**: Your kit should ensure that each family member has a blanket or sleeping bag in case bedding is not readily available at a shelter or the shelter location is not adequately heated. An inflatable pillow takes up little space but is very helpful when needed.

- ☐ **Clothing**: At least one full change of seasonally-appropriate clothing, including shoes and outerwear, for each family member.

- ☐ **Light**: Flashlights and batteries are always preferable to candles because of the reduced risk of fire and increased reliability. Include one flashlight for each family member.

- ☐ **Emergency First Aid**: Disaster areas are inherently hazardous, and in many cases the majority of injuries occur after the emergency has passed and victims travel outside. In most cases, a store-bought first-aid kit will suffice. However, if you have any special medical needs, your kit should have spares of the items you need. Be sure you have some sort of emergency information such as a first aid booklet.

- ☐ **Basic Tools and Supplies**: Tools that are often needed in an emergency include matches, special tools to turn off utilities, and a knife. Supplies include paper towels, duct tape, plastic sheeting, and garbage bags.

- ☐ **Hygiene**: Your family will need supplies for basic hygiene, which will likely include toilet paper, toothbrushes, toothpaste, soap, shampoo, moist towelettes, bath towels, feminine hygiene products, deodorant, sunscreen, comb/brush, and waterless hand cleaner.

- ☐ **Medication**: If anyone in your family takes prescription or over-the-counter medications, consider having a backup supply on hand in case you are not able to reach a pharmacy or if local stocks become depleted. If anyone in your family has allergies, be sure to keep spare allergy medications, such as an EpiPen, in your kit.

- ☐ **Extra House and Car Keys**: In the chaos of a disaster event, keys are easily lost or misplaced.

- ☐ **Cash**: Banks may be closed for days, and ATM machines may not work due to power outages or network failures.

- ☐ **Batteries**: In a power outage you will need extra batteries to power radios and flashlights. If you use a hearing aid, you will need extra batteries in case stores run out.

Car Emergency Kit

A Car Emergency Kit will help you in case you are away from home when a disaster strikes and are stranded in your vehicle. Be prepared for an emergency by keeping your gas tank full. If you find yourself stranded, stay in your car, put on your flashers, call for help and wait until it arrives.

- ☐ Jumper cables
- ☐ Local maps
- ☐ A roll of quarters
- ☐ Duct tape
- ☐ A "multi-tool"
- ☐ Flashlights and extra batteries
- ☐ First-aid kit and necessary medications in case you are away from home for a prolonged period
- ☐ Food items containing protein such as nuts and energy bars, or canned fruit and a portable can opener
- ☐ Water for each person and pet in the car
- ☐ AM/FM radio to listen to traffic reports and emergency messages
- ☐ Cat litter or sand for better tire traction
- ☐ Shovel
- ☐ Ice scraper
- ☐ Warm clothes, gloves, hat, sturdy boots, jacket, and an extra change of clothes
- ☐ Blankets or sleeping bags
- ☐ An automobile cell phone charger
- ☐ Flares or reflective triangle
- ☐ Baby formula and diapers if you have a small child

Baby Emergency Kit

- ◻ Baby formula
- ◻ Diapers
- ◻ Baby wipes
- ◻ Bottles and bottle-cleaning supplies
- ◻ Baby hygiene supplies
- ◻ Infant medications (including over-the-counter fever reducer and antihistamine)
- ◻ Moist towelettes
- ◻ Diaper rash ointment

Identify daily-use items you would need to quickly pack if you had to evacuate, such as:

- ◻ Stroller or baby carrier
- ◻ Multiple changes of clothing and jacket/hat (if required)
- ◻ Baby carrier
- ◻ Changing pad
- ◻ Breastfeeding supplies
- ◻ Baby thermometer
- ◻ Blanket
- ◻ Pacifier
- ◻ Travel crib
- ◻ Travel high chair
- ◻ Toys

3 STEPS THAT HELP SAVE HUNDREDS OF LIVES EACH YEAR.

BE AWARE

PLAN

PREPARE

To learn how to get ready for the next severe storm, blizzard, heat wave, hurricane or other emergency, visit **GetReadyCapitolRegion.org**

GET CAPITOL REGION READY

BE AWARE. PLAN. PREPARE.

Disaster Supply Kit

- ☐ **Water**: Each member of your family will need one (1) gallon of water each day for drinking, cooking, and basic hygiene. For a family of four, a three-day emergency kit would require 12 gallons of water.

- ☐ **Nutrition**: Each member of your family will need 2,000-3,000 calories per day. The best way to prepare for this is to store non-perishable food that requires little or no preparation (including some canned goods, dry goods that require only hot water, and sealed goods such as granola bars or foil packages of tuna fish), or meals ready-to-eat (MREs). It is important that the food accommodate any special diets, such as baby formula for infants, high-calorie diets for pregnant and nursing mothers, or low-sodium foods for individuals with hypertension. Also, be sure you have a can opener or other tools needed to open food.

- ☐ **Information**: You should have a battery-powered or hand-cranked radio, or a NOAA Weather Radio, so you can receive warning and response information as it is issued even if the power goes out.

- ☐ **Communication**: It's a good idea for every member of the household, beyond a certain age, to have a mobile phone. You may want to consider purchasing a solar charger or other alternate charging system in case power is lost for an extended period.

- ☐ **Sleeping and Warmth**: Your kit should ensure that each family member has a blanket or sleeping bag in case bedding is not readily available at a shelter or the shelter location is not adequately heated. An inflatable pillow takes up little space but is very helpful when needed.

- ☐ **Clothing**: At least one full change of seasonally-appropriate clothing, including shoes and outerwear, for each family member.

- ☐ **Light**: Flashlights and batteries are always preferable to candles because of the reduced risk of fire and increased reliability. Include one flashlight for each family member.

- ☐ **Emergency First Aid**: Disaster areas are inherently hazardous, and in many cases the majority of injuries occur after the emergency has passed and victims travel outside. In most cases, a store-bought first-aid kit will suffice. However, if you have any special medical needs, your kit should have spares of the items you need. Be sure you have some sort of emergency information such as a first aid booklet.

- ☐ **Basic Tools and Supplies**: Tools that are often needed in an emergency include matches, special tools to turn off utilities, and a knife. Supplies include paper towels, duct tape, plastic sheeting, and garbage bags.

- ☐ **Hygiene**: Your family will need supplies for basic hygiene, which will likely include toilet paper, toothbrushes, toothpaste, soap, shampoo, moist towelettes, bath towels, feminine hygiene products, deodorant, sunscreen, comb/brush, and waterless hand cleaner.

- ☐ **Medication**: If anyone in your family takes prescription or over-the-counter medications, consider having a backup supply on hand in case you are not able to reach a pharmacy or if local stocks become depleted. If anyone in your family has allergies, be sure to keep spare allergy medications, such as an EpiPen, in your kit.

- ☐ **Extra House and Car Keys**: In the chaos of a disaster event, keys are easily lost or misplaced.

- ☐ **Cash**: Banks may be closed for days, and ATM machines may not work due to power outages or network failures.

- ☐ **Batteries**: In a power outage you will need extra batteries to power radios and flashlights. If you use a hearing aid, you will need extra batteries in case stores run out.

Car Emergency Kit

A Car Emergency Kit will help you in case you are away from home when a disaster strikes and are stranded in your vehicle. Be prepared for an emergency by keeping your gas tank full. If you find yourself stranded, stay in your car, put on your flashers, call for help and wait until it arrives.

- ☐ Jumper cables
- ☐ Local maps
- ☐ A roll of quarters
- ☐ Duct tape
- ☐ A "multi-tool"
- ☐ Flashlights and extra batteries
- ☐ First-aid kit and necessary medications in case you are away from home for a prolonged period
- ☐ Food items containing protein such as nuts and energy bars, or canned fruit and a portable can opener
- ☐ Water for each person and pet in the car
- ☐ AM/FM radio to listen to traffic reports and emergency messages
- ☐ Cat litter or sand for better tire traction
- ☐ Shovel
- ☐ Ice scraper
- ☐ Warm clothes, gloves, hat, sturdy boots, jacket, and an extra change of clothes
- ☐ Blankets or sleeping bags
- ☐ An automobile cell phone charger
- ☐ Flares or reflective triangle
- ☐ Baby formula and diapers if you have a small child

Baby Emergency Kit

- ◻ Baby formula
- ◻ Diapers
- ◻ Baby wipes
- ◻ Bottles and bottle-cleaning supplies
- ◻ Baby hygiene supplies
- ◻ Infant medications (including over-the-counter fever reducer and antihistamine)
- ◻ Moist towelettes
- ◻ Diaper rash ointment

Identify daily-use items you would need to quickly pack if you had to evacuate, such as:

- ◻ Stroller or baby carrier
- ◻ Multiple changes of clothing and jacket/hat (if required)
- ◻ Baby carrier
- ◻ Changing pad
- ◻ Breastfeeding supplies
- ◻ Baby thermometer
- ◻ Blanket
- ◻ Pacifier
- ◻ Travel crib
- ◻ Travel high chair
- ◻ Toys

Pet Emergency Kit

- ☐ Pet food (enough for at least a week as it may be more difficult to find pet food than food for human consumption) and portable pet dishes (2 per pet)
- ☐ Manual can opener (if food requires it)
- ☐ Water (1 gallon per pet per day for cats or dogs, less for birds or reptiles)
- ☐ Clearly-labeled carrier, cage, or kennel
- ☐ Pet toys
- ☐ Extra collar and leash for dogs, harness for cats
- ☐ Stakes / tie-downs
- ☐ Copies of veterinary papers in a waterproof folder
- ☐ Minimum two-week supply of medication
- ☐ Pet first-aid kit and first-aid guidebook
- ☐ Disposable litter trays (for cats)
- ☐ Newspapers, paper towels, and garbage bags (for cleanup)
- ☐ Liquid dish soap and disinfectant
- ☐ Blanket and pet bed (if easily transported)
- ☐ Pet photographs (in case the pet escapes – for identification purposes)
- ☐ Rabies tag and licenses
- ☐ Designated duffel or pack to hold all pet supplies together
- ☐ Vest or other item that identifies animal as a service animal, and special documentation
- ☐ Animal health and ownership records

Go Kit / Go Inventory

- ◻ Laptop computer and/or portable media storage devices
- ◻ Important paper files and records (e.g., insurance policies, birth/adoption certificates, death certificates, marriage certificates, immunization records, passports, wills, stocks/bonds, licenses, social security cards, vehicle titles, home deeds, bank account information, school records, diplomas)
- ◻ Personal household items (including video or photographs)
- ◻ Address book
- ◻ 2-3 changes of clothing
- ◻ Cell phones and chargers
- ◻ Medications and prescription glasses or contact lenses (and supplies)
- ◻ Cash, ATM cards, credit cards, checks, or travelers checks
- ◻ Eating implements, including paper plates, forks, spoons, knives, and cups
- ◻ A notebook and pens
- ◻ School supplies for children
- ◻ Toys, books, stuffed animals, and other 'comfort items' for children
- ◻ Entertainment for small children
- ◻ Special medical equipment or supplies (e.g., wheelchair, contact lens equipment, denture cleaning supplies, diabetes supplies)
- ◻ Family photographs (ensure you have recent photos in case family members are lost or separated)
- ◻ Irreplaceable or expensive jewelry

Power Outages | Before

Hazard Preparation Checklist

What Can I Do Before a Power Outage?

- ◻ Install an integrated power backup system in your home or purchase a portable gas-powered generator.
- ◻ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ◻ Register for CT Alert.
- ◻ Plan how you will communicate with your family and friends if telephone or Internet systems are down.
- ◻ Make a 72-hour emergency kit.
- ◻ Learn how to turn off your utilities.
- ◻ Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling blackouts.
- ◻ Fill plastic containers with water and place them in the refrigerator and freezer if there's room. Leave about an inch of space inside each one, because water expands as it freezes. This chilled or frozen water will help keep food cold during a temporary power outage. Most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.
- ◻ Keep your car tank at least half full because gas stations rely on electricity to power their pumps.
- ◻ Know where the manual release lever of your electric garage door opener is located and how to operate it. Keep a key to your house with you if you regularly use the garage as the primary means of entering your home, in case the garage door will not open.

Power Outages | During

Hazard Preparation Checklist

What Should I Do During a Power Outage?

- ☐ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ☐ Do not call 911 for information. Call only to report a life-threatening emergency. Use the phone for life-threatening emergencies only.
- ☐ Use only flashlights for emergency lighting. Avoid using candles due to fire risk.
- ☐ Keep refrigerator and freezer doors closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.
- ☐ Turn off or disconnect appliances or electronics in use when the power went out. Power may return with momentary "surges" or "spikes" that can damage computers and appliances, such as air conditioners, refrigerators, washers, or furnaces.
- ☐ Leave one light on so that you'll know when your power is restored.
- ☐ Take steps to remain cool if it is hot outside:
    - Consider going to a movie theater, shopping mall, or "cooling shelter" that may be open in your community
    - If you remain at home, move to the lowest level of your home, since cool air falls
    - Wear lightweight, light-colored clothing
    - Drink plenty of water even if you do not feel thirsty
    - Provide plenty of fresh, cool water for your pets
- ☐ Take steps to remain warm if it is cold outside:
    - Put on layers of warm clothing if it is cold outside
    - Never burn charcoal for heating or cooking indoors
    - Never use your oven as a source of heat
    - If the power may be out for a prolonged period, plan to go to another location (the home of a relative or friend, or a public facility) that has heat to keep warm
- ☐ Eliminate unnecessary travel, especially by car. Traffic signal outages result in traffic congestion.
- ☐ Remember that equipment such as ATMs and elevators may not work during a power outage.
- ☐ Check your Disaster Supply Kit and replace or restock items as needed. Ensure that you have working flashlights and batteries.
- ☐ Turn off utilities if told to do so by authorities. Close propane tank valves.
- ☐ Store drinking water in clean plastic bottles and pots and pans.
- ☐ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.
- ☐ If you are using a generator, be sure to learn about portable generator hazards and follow generator safety procedures.

Power Outages | After

Hazard Preparation Checklist

What Should I Do After a Power Outage?

- ☐ Check on friends and neighbors who may be more vulnerable due to functional needs.
- ☐ Check refrigerated food for spoilage. If in doubt, throw it out.

Severe Winter Storms | Before

Hazard Preparation Checklist

What Can I Do Before a Winter Storm?

- ☐ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ☐ Register for CT Alert.
- ☐ Develop a Family Disaster Plan. Talk with members of your household about what to do if a winter storm watch or warning is issued.
- ☐ Make a 72-hour emergency kit.
- ☐ Plan what you will do to protect or shelter your pets and/or farm animals.
- ☐ Consider having the following items available before the storm:
    - Non-clumping kitty litter to make walkways and steps less slippery
    - A warm coat, gloves, hat, water-resistant boots, and extra blankets and warm clothing for each member of the household
    - Snow shovels or other snow removal equipment
- ☐ Winterize your home.
- ☐ Keep trees and shrubbery trimmed.
- ☐ Fix loose rain gutters and downspouts and clear them if they are clogged to prevent ice dams.
- ☐ Learn how to turn off your utilities.
- ☐ Service home heating equipment, including chimneys, and ensure you have enough heating fuel.
- ☐ Protect pipes from freezing.
- ☐ Winterize your vehicle.

If you have large animals or livestock:

- ☐ Install snow fences to reduce drifting snow on roads and paths which could block movement or access.
- ☐ Create a place where your animals can be comfortable in severe winter weather.
- ☐ Prepare your home or barn facility to bring animals indoors. Grazing animals should have access to a protected supply of food and non-frozen water.
- ☐ Ensure that any outbuildings that house or shelter animals can withstand wind and heavy snow and ice.

If a winter storm alert is Issued:

- ☐ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ☐ Heed the advice of the governor or local emergency management officials.
- ☐ Fill your car's gas tank.
- ☐ Stock up on prescription medications.
- ☐ Check your Disaster Supply Kit and replace or restock items as needed.
- ☐ Ensure that you have working flashlights and batteries.
- ☐ Store drinking water in clean plastic bottles and pots and pans. Fill bathtubs and sinks with water to use for flushing the toilet and washing floors and clothing (but not for drinking).
- ☐ Ensure that animals are sheltered and have a supply of non-frozen water.
- ☐ Ensure that you have supplies (large plastic bags, paper towels, and extra cat litter) for cleaning up after your companion animals, particularly if they are used to eliminating outdoors.

Severe Winter Storms | During

Hazard Preparation Checklist

What Should I Do During a Severe Winter Storm?

- ◻ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ◻ Remain indoors and avoid unnecessary travel. Avoid driving when conditions include sleet, freezing rain or drizzle, snow, or dense fog.
- ◻ If you need to venture outside, be aware of downed power lines..
- ◻ If power has been lost, do not open refrigerators or freezers unless absolutely necessary.
- ◻ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.
- ◻ Consider the weather and your health before engaging in strenuous tasks
- ◻ If your home loses power or heat during severe cold, go to a designated public shelter.
- ◻ If you are using alternative heating sources, make sure they are properly ventilated to prevent carbon monoxide (CO) poisoning.
- ◻ If you have lost power and are using a generator, be sure to follow generator safety procedures.
- ◻ Eat regularly and stay hydrated. Food provides the body with energy for producing its own heat. Avoid caffeine and alcohol which accelerate the symptoms of hypothermia.
- ◻ Conserve fuel. Winter storms can last for several days. Great demand may be placed on electric, gas, and other fuel distribution systems (fuel oil, propane, etc.) and supplies may not meet demand. Lower the thermostat to 65° F (18° C) during the day and to 55° F (13° C) at night. Close off unused rooms, and stuff towels or rags in cracks under the doors. Cover the windows at night.

If you must go outside, protect yourself from winter storm hazards:

- ◻ Dress to protect yourself from frostbite and hypothermia by wearing layered clothing, a water repellant winter jacket, gloves, and a hat. Be aware of wind chill effects.
- ◻ Cover your mouth to protect your lungs from severely cold air. Avoid taking deep breaths and minimize talking. Keep dry, and change wet clothing frequently to prevent a loss of body heat.

Severe Winter Storms | After

Hazard Preparation Checklist

What Should I Do After a Severe Winter Storm?

- ◻ Monitor conditions using a NOAA Weather Radio or your preferred local news source. Access to some parts of the community may be limited or roads may be blocked.
- ◻ Avoid overexertion, such as shoveling heavy snow, pushing a vehicle, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.
- ◻ Check on relatives, neighbors, and friends, particularly if they are elderly or live alone.
- ◻ If the pipes freeze, remove any insulation or newspaper and wrap the pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold or where the cold most likely penetrated. A hand-held hair dryer, used with caution to prevent overheating, also works well.
- ◻ Check on your animals and ensure that their access to food and water is unimpeded by drifted snow, ice, or other obstacles.

Heat Waves | Before

Hazard Preparation Checklist

What Can I Do Before a Heat Wave?

- ◻ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ◻ Register for CT Alert.
- ◻ Plan how you will communicate with your family and friends if telephone or Internet systems are down.
- ◻ Make a 72-hour emergency kit.
- ◻ Plan what you will do to protect or evacuate your pets and/or farm animals.
- ◻ Discuss with members of your household the precautions they should take to stay safe in excessive heat. Everyone should know what to do in the places where they spend time. Some places may not be air conditioned or safe during a heat wave, so plan alternatives.
- ◻ If your home does not have air conditioning, identify emergency cooling centers including schools, libraries, movie theaters, and other designated community facilities.
- ◻ Modify daily activities to avoid strenuous work during the warmest part of the day, and take action to prevent overexertion or dehydration.
- ◻ Discuss with a physician any concerns about members of the household who are taking medications or have medical conditions that may cause poor blood circulation or reduced ability to tolerate heat.
- ◻ Plan to check on family, friends, and neighbors who do not have air conditioning or who spend much of their time alone. Elderly persons who live alone or with a working relative may need assistance on hot days.
- ◻ Plan to wear lightweight, light-colored clothing.
- ◻ Take an American Red Cross first aid course to learn how to treat heat-related and other emergencies.
- ◻ Install window air conditioners snugly and ensure that your home is properly insulated.
- ◻ Keep storm windows installed throughout the year, and protect windows from the sun with shades or drapes.
- ◻ Install and use an attic fan.

Heat Waves | During

Hazard Preparation Checklist

What Should I Do During a Heat Wave?

- ◻ Dress appropriately for the heat.
- ◻ Drink plenty of fluids even if you do not feel thirsty. People who have epilepsy or heart, kidney, or liver disease, who are on fluid-restricted diets, or who have a problem with fluid retention should consult a doctor before increasing liquid intake. Avoid drinks with alcohol or caffeine.
- ◻ Eat small meals and eat more often.
- ◻ If your home does not have air conditioning, locate and go to a cooling shelter
- ◻ Reduce, eliminate, or reschedule strenuous activities, including sports. Get plenty of rest. Take frequent breaks if you must work outdoors, and use a buddy system.
- ◻ Never leave children or pets alone in closed vehicles.
- ◻ Avoid too much sun exposure, and watch for signs of heat exhaustion and heatstroke.
- ◻ Stay indoors as much as possible, and avoid extreme temperature changes.
- ◻ Conserve electricity not needed to keep you cool.
- ◻ Vacuum air conditioner filters weekly during periods of high use to keep air conditioners running efficiently.
- ◻ Use fans to cool areas that are not air conditioned or open to breezes.
- ◻ Check on your animals frequently to ensure that they are not suffering stress from the heat. Provide plenty of water for drinking and cooling. Very young and old animals, and animals with short snouts, are more susceptible to the effects of extreme heat.

Floods | Before

Hazard Preparation Checklist

What Can I Do Before a Flood?

- ☐ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ☐ Register for CT Alert.
- ☐ Find out if you live in the floodplain. If you do, evaluate your flood risk.
- ☐ Purchase flood insurance from the National Flood Insurance Program.
- ☐ Plan how you and your family will safely evacuate in the event of a flood or flash flood and ensure all members of your household know where to go if they have to leave or if they cannot get home.
- ☐ Plan how you will communicate with family and friends if telephone or Internet systems are down.
- ☐ Make a 72-hour emergency kit.
- ☐ Plan what you will do to protect or evacuate your pets and/or farm animals.
- ☐ Learn how to turn off your utilities.
- ☐ Keep insurance policies, documents, and other valuables in a safe deposit box.
- ☐ Raise your furnace, water heater, and electric panel to higher floors or the attic if they are in areas of your home that may be flooded. Seal walls in basements with waterproofing compounds to avoid seepage through cracks.

If a flood watch or warning is issued:

- ☐ Use a NOAA Weather Radio or tune in to your preferred local news source on a portable, battery-powered radio or television.
- ☐ Heed the advice of the governor or local emergency management officials.
- ☐ Fill your car's gas tank.
- ☐ Stock up on prescription medications.
- ☐ Check your Disaster Supply Kit and replace or restock items as needed.
- ☐ Ensure that you have working flashlights and batteries.
- ☐ Turn the refrigerator and freezer to the coldest setting to prepare for power outages.
- ☐ Keep important documents and valuables in a safe deposit box or in a waterproof container on the highest level of your home.
- ☐ Turn off utilities if told to do so by authorities; close propane tank valves.
- ☐ Review your evacuation plan and ensure your planned route is the same as what is currently recommended.
- ☐ If you think an evacuation might be ordered and you have large or numerous animals, consider evacuating them as soon as you are aware of impending danger.
- ☐ Store drinking water in clean plastic bottles and pots and pans. Fill bathtubs and sinks with water to use for flushing the toilet and washing floors and clothing (but not for drinking).
- ☐ Bring outdoor belongings, such as patio furniture, indoors, and move indoor furniture and valuables to higher floors.

Floods | During

Hazard Preparation Checklist

What Should I Do During a Flood?

- ◻ If floodwater will affect your home or property, evacuate before nearby roads and infrastructure are affected and evacuation becomes difficult or impossible.
- ◻ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.

If you are outdoors or are driving:

- ◻ Stay out of areas subject to flooding. Dips, low spots, canyons, washes, etc. can become filled with water.
- ◻ Climb to high ground and stay there. Move away from dangerous floodwater.
- ◻ Never try to walk, swim, or drive through flooded areas, especially swift water. As little as six inches of water may cause you to lose control of your vehicle.
- ◻ Stay away from underpasses, which can fill rapidly with water.
- ◻ Turn around and find another route if you come upon rapidly rising water or barricades. Move to higher ground away from rivers, streams, creeks, and storm drains.

Floods | After

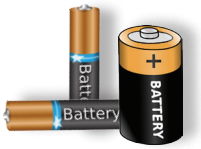
Hazard Preparation Checklist

What Should I Do After a Flood?

- ◻ Seek medical care at the nearest hospital or clinic, if necessary. Contaminated floodwater can cause infection.
- ◻ Adhere to official barricades and detours. Never try to walk, swim, or drive through moving water.
- ◻ If you evacuated, return home when emergency management officials indicate it is safe to do so.
- ◻ Check on friends and neighbors who may be more vulnerable due to functional needs.
- ◻ If you locate someone who requires rescue, contact local emergency services.
- ◻ Avoid flooded areas, and stay out of any building that has water around it.
- ◻ Use battery-powered lanterns or flashlights when examining buildings. DO NOT USE CANDLES.
- ◻ Examine the structure to ensure the building is not in danger of collapsing.
- ◻ Look for fire hazards, such as leaking gas lines, flooded electrical circuits, or submerged furnaces and appliances. If you smell gas or hear a hissing noise, open a window and quickly get outside. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor's home.
- ◻ Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main circuit box (but do not step in water to do so). Call an electrician if required. Electrical equipment should be checked and dried before being returned to service.
- ◻ Check for sewage and water line damage. If damage exists, avoid using the toilets and call a plumber and the water company. Avoid using water from the tap.
- ◻ Avoid drinking or preparing food with tap water until you are certain it is safe. Floodwater may have contaminated public water supplies or wells. Local officials will provide information.
- ◻ Check refrigerated food for spoilage. If in doubt, throw it out.
- ◻ Take pictures of the damage, both of the building and its contents, for insurance claims.
- ◻ Open windows and doors to ventilate and dry your home.
- ◻ Pump out flooded basements gradually (about one-third of the water per day) to avoid structural damage. If the water is pumped out completely in a short period of time, pressure from water on the outside could cause basement walls to collapse.
- ◻ Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are health hazards.
- ◻ If you have lost power and are using a generator, be sure to follow generator safety procedures.
- ◻ Throw away food and drinking water that has come in contact with floodwater, including canned goods. It is impossible to know if containers were damaged and the seals compromised.
- ◻ Discard contaminated wooden spoons, plastic utensils, baby bottle nipples, and pacifiers.
- ◻ Disinfect metal pans and utensils by boiling them in clean or properly treated water.

Emergency Kit Checklist

3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries

first aid kit, cash, cell phone and charger

ID cards, information: (Dr., meds, allergies), family / friends
contacts, toothbrush / toothpaste, blanket and washcloth

clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster.
It is a starting point, as individual needs vary depending upon circumstances.
For additional information, visit: www.Ready.gov

FEMA

Region 1, SOS Secrets of Survivors

Pet Emergency Kit

- ☐ Pet food (enough for at least a week as it may be more difficult to find pet food than food for human consumption) and portable pet dishes (2 per pet)
- ☐ Manual can opener (if food requires it)
- ☐ Water (1 gallon per pet per day for cats or dogs, less for birds or reptiles)
- ☐ Clearly-labeled carrier, cage, or kennel
- ☐ Pet toys
- ☐ Extra collar and leash for dogs, harness for cats
- ☐ Stakes / tie-downs
- ☐ Copies of veterinary papers in a waterproof folder
- ☐ Minimum two-week supply of medication
- ☐ Pet first-aid kit and first-aid guidebook
- ☐ Disposable litter trays (for cats)
- ☐ Newspapers, paper towels, and garbage bags (for cleanup)
- ☐ Liquid dish soap and disinfectant
- ☐ Blanket and pet bed (if easily transported)
- ☐ Pet photographs (in case the pet escapes – for identification purposes)
- ☐ Rabies tag and licenses
- ☐ Designated duffel or pack to hold all pet supplies together
- ☐ Vest or other item that identifies animal as a service animal, and special documentation
- ☐ Animal health and ownership records

Go Kit / Go Inventory

- ◻ Laptop computer and/or portable media storage devices
- ◻ Important paper files and records (e.g., insurance policies, birth/adoption certificates, death certificates, marriage certificates, immunization records, passports, wills, stocks/bonds, licenses, social security cards, vehicle titles, home deeds, bank account information, school records, diplomas)
- ◻ Personal household items (including video or photographs)
- ◻ Address book
- ◻ 2-3 changes of clothing
- ◻ Cell phones and chargers
- ◻ Medications and prescription glasses or contact lenses (and supplies)
- ◻ Cash, ATM cards, credit cards, checks, or travelers checks
- ◻ Eating implements, including paper plates, forks, spoons, knives, and cups
- ◻ A notebook and pens
- ◻ School supplies for children
- ◻ Toys, books, stuffed animals, and other 'comfort items' for children
- ◻ Entertainment for small children
- ◻ Special medical equipment or supplies (e.g., wheelchair, contact lens equipment, denture cleaning supplies, diabetes supplies)
- ◻ Family photographs (ensure you have recent photos in case family members are lost or separated)
- ◻ Irreplaceable or expensive jewelry

Power Outages | Before

Hazard Preparation Checklist

What Can I Do Before a Power Outage?

- ◻ Install an integrated power backup system in your home or purchase a portable gas-powered generator.
- ◻ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ◻ Register for CT Alert.
- ◻ Plan how you will communicate with your family and friends if telephone or Internet systems are down.
- ◻ Make a 72-hour emergency kit.
- ◻ Learn how to turn off your utilities.
- ◻ Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling blackouts.
- ◻ Fill plastic containers with water and place them in the refrigerator and freezer if there's room. Leave about an inch of space inside each one, because water expands as it freezes. This chilled or frozen water will help keep food cold during a temporary power outage. Most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.
- ◻ Keep your car tank at least half full because gas stations rely on electricity to power their pumps.
- ◻ Know where the manual release lever of your electric garage door opener is located and how to operate it. Keep a key to your house with you if you regularly use the garage as the primary means of entering your home, in case the garage door will not open.

Power Outages | During

Hazard Preparation Checklist

What Should I Do During a Power Outage?

- ☐ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ☐ Do not call 911 for information. Call only to report a life-threatening emergency. Use the phone for life-threatening emergencies only.
- ☐ Use only flashlights for emergency lighting. Avoid using candles due to fire risk.
- ☐ Keep refrigerator and freezer doors closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.
- ☐ Turn off or disconnect appliances or electronics in use when the power went out. Power may return with momentary "surges" or "spikes" that can damage computers and appliances, such as air conditioners, refrigerators, washers, or furnaces.
- ☐ Leave one light on so that you'll know when your power is restored.
- ☐ Take steps to remain cool if it is hot outside:
    - Consider going to a movie theater, shopping mall, or "cooling shelter" that may be open in your community
    - If you remain at home, move to the lowest level of your home, since cool air falls
    - Wear lightweight, light-colored clothing
    - Drink plenty of water even if you do not feel thirsty
    - Provide plenty of fresh, cool water for your pets
- ☐ Take steps to remain warm if it is cold outside:
    - Put on layers of warm clothing if it is cold outside
    - Never burn charcoal for heating or cooking indoors
    - Never use your oven as a source of heat
    - If the power may be out for a prolonged period, plan to go to another location (the home of a relative or friend, or a public facility) that has heat to keep warm
- ☐ Eliminate unnecessary travel, especially by car. Traffic signal outages result in traffic congestion.
- ☐ Remember that equipment such as ATMs and elevators may not work during a power outage.
- ☐ Check your Disaster Supply Kit and replace or restock items as needed. Ensure that you have working flashlights and batteries.
- ☐ Turn off utilities if told to do so by authorities. Close propane tank valves.
- ☐ Store drinking water in clean plastic bottles and pots and pans.
- ☐ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.
- ☐ If you are using a generator, be sure to learn about portable generator hazards and follow generator safety procedures.

Power Outages | After

Hazard Preparation Checklist

What Should I Do After a Power Outage?

- ☐ Check on friends and neighbors who may be more vulnerable due to functional needs.
- ☐ Check refrigerated food for spoilage. If in doubt, throw it out.

Severe Winter Storms | Before

Hazard Preparation Checklist

What Can I Do Before a Winter Storm?

- ☐ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ☐ Register for CT Alert.
- ☐ Develop a Family Disaster Plan. Talk with members of your household about what to do if a winter storm watch or warning is issued.
- ☐ Make a 72-hour emergency kit.
- ☐ Plan what you will do to protect or shelter your pets and/or farm animals.
- ☐ Consider having the following items available before the storm:
    - Non-clumping kitty litter to make walkways and steps less slippery
    - A warm coat, gloves, hat, water-resistant boots, and extra blankets and warm clothing for each member of the household
    - Snow shovels or other snow removal equipment
- ☐ Winterize your home.
- ☐ Keep trees and shrubbery trimmed.
- ☐ Fix loose rain gutters and downspouts and clear them if they are clogged to prevent ice dams.
- ☐ Learn how to turn off your utilities.
- ☐ Service home heating equipment, including chimneys, and ensure you have enough heating fuel.
- ☐ Protect pipes from freezing.
- ☐ Winterize your vehicle.

If you have large animals or livestock:

- ☐ Install snow fences to reduce drifting snow on roads and paths which could block movement or access.
- ☐ Create a place where your animals can be comfortable in severe winter weather.
- ☐ Prepare your home or barn facility to bring animals indoors. Grazing animals should have access to a protected supply of food and non-frozen water.
- ☐ Ensure that any outbuildings that house or shelter animals can withstand wind and heavy snow and ice.

If a winter storm alert is Issued:

- ☐ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ☐ Heed the advice of the governor or local emergency management officials.
- ☐ Fill your car's gas tank.
- ☐ Stock up on prescription medications.
- ☐ Check your Disaster Supply Kit and replace or restock items as needed.
- ☐ Ensure that you have working flashlights and batteries.
- ☐ Store drinking water in clean plastic bottles and pots and pans. Fill bathtubs and sinks with water to use for flushing the toilet and washing floors and clothing (but not for drinking).
- ☐ Ensure that animals are sheltered and have a supply of non-frozen water.
- ☐ Ensure that you have supplies (large plastic bags, paper towels, and extra cat litter) for cleaning up after your companion animals, particularly if they are used to eliminating outdoors.

Severe Winter Storms | During

Hazard Preparation Checklist

What Should I Do During a Severe Winter Storm?

- ◻ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ◻ Remain indoors and avoid unnecessary travel. Avoid driving when conditions include sleet, freezing rain or drizzle, snow, or dense fog.
- ◻ If you need to venture outside, be aware of downed power lines..
- ◻ If power has been lost, do not open refrigerators or freezers unless absolutely necessary.
- ◻ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.
- ◻ Consider the weather and your health before engaging in strenuous tasks
- ◻ If your home loses power or heat during severe cold, go to a designated public shelter.
- ◻ If you are using alternative heating sources, make sure they are properly ventilated to prevent carbon monoxide (CO) poisoning.
- ◻ If you have lost power and are using a generator, be sure to follow generator safety procedures.
- ◻ Eat regularly and stay hydrated. Food provides the body with energy for producing its own heat. Avoid caffeine and alcohol which accelerate the symptoms of hypothermia.
- ◻ Conserve fuel. Winter storms can last for several days. Great demand may be placed on electric, gas, and other fuel distribution systems (fuel oil, propane, etc.) and supplies may not meet demand. Lower the thermostat to 65° F (18° C) during the day and to 55° F (13° C) at night. Close off unused rooms, and stuff towels or rags in cracks under the doors. Cover the windows at night.

If you must go outside, protect yourself from winter storm hazards:

- ◻ Dress to protect yourself from frostbite and hypothermia by wearing layered clothing, a water repellant winter jacket, gloves, and a hat. Be aware of wind chill effects.
- ◻ Cover your mouth to protect your lungs from severely cold air. Avoid taking deep breaths and minimize talking. Keep dry, and change wet clothing frequently to prevent a loss of body heat.

Severe Winter Storms | After

Hazard Preparation Checklist

What Should I Do After a Severe Winter Storm?

- ◻ Monitor conditions using a NOAA Weather Radio or your preferred local news source. Access to some parts of the community may be limited or roads may be blocked.
- ◻ Avoid overexertion, such as shoveling heavy snow, pushing a vehicle, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.
- ◻ Check on relatives, neighbors, and friends, particularly if they are elderly or live alone.
- ◻ If the pipes freeze, remove any insulation or newspaper and wrap the pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold or where the cold most likely penetrated. A hand-held hair dryer, used with caution to prevent overheating, also works well.
- ◻ Check on your animals and ensure that their access to food and water is unimpeded by drifted snow, ice, or other obstacles.

Heat Waves | Before

Hazard Preparation Checklist

What Can I Do Before a Heat Wave?

- ◻ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ◻ Register for CT Alert.
- ◻ Plan how you will communicate with your family and friends if telephone or Internet systems are down.
- ◻ Make a 72-hour emergency kit.
- ◻ Plan what you will do to protect or evacuate your pets and/or farm animals.
- ◻ Discuss with members of your household the precautions they should take to stay safe in excessive heat. Everyone should know what to do in the places where they spend time. Some places may not be air conditioned or safe during a heat wave, so plan alternatives.
- ◻ If your home does not have air conditioning, identify emergency cooling centers including schools, libraries, movie theaters, and other designated community facilities.
- ◻ Modify daily activities to avoid strenuous work during the warmest part of the day, and take action to prevent overexertion or dehydration.
- ◻ Discuss with a physician any concerns about members of the household who are taking medications or have medical conditions that may cause poor blood circulation or reduced ability to tolerate heat.
- ◻ Plan to check on family, friends, and neighbors who do not have air conditioning or who spend much of their time alone. Elderly persons who live alone or with a working relative may need assistance on hot days.
- ◻ Plan to wear lightweight, light-colored clothing.
- ◻ Take an American Red Cross first aid course to learn how to treat heat-related and other emergencies.
- ◻ Install window air conditioners snugly and ensure that your home is properly insulated.
- ◻ Keep storm windows installed throughout the year, and protect windows from the sun with shades or drapes.
- ◻ Install and use an attic fan.

Heat Waves | During

Hazard Preparation Checklist

What Should I Do During a Heat Wave?

- ◻ Dress appropriately for the heat.
- ◻ Drink plenty of fluids even if you do not feel thirsty. People who have epilepsy or heart, kidney, or liver disease, who are on fluid-restricted diets, or who have a problem with fluid retention should consult a doctor before increasing liquid intake. Avoid drinks with alcohol or caffeine.
- ◻ Eat small meals and eat more often.
- ◻ If your home does not have air conditioning, locate and go to a cooling shelter
- ◻ Reduce, eliminate, or reschedule strenuous activities, including sports. Get plenty of rest. Take frequent breaks if you must work outdoors, and use a buddy system.
- ◻ Never leave children or pets alone in closed vehicles.
- ◻ Avoid too much sun exposure, and watch for signs of heat exhaustion and heatstroke.
- ◻ Stay indoors as much as possible, and avoid extreme temperature changes.
- ◻ Conserve electricity not needed to keep you cool.
- ◻ Vacuum air conditioner filters weekly during periods of high use to keep air conditioners running efficiently.
- ◻ Use fans to cool areas that are not air conditioned or open to breezes.
- ◻ Check on your animals frequently to ensure that they are not suffering stress from the heat. Provide plenty of water for drinking and cooling. Very young and old animals, and animals with short snouts, are more susceptible to the effects of extreme heat.

Floods | Before

Hazard Preparation Checklist

What Can I Do Before a Flood?

- ☐ Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- ☐ Register for CT Alert.
- ☐ Find out if you live in the floodplain. If you do, evaluate your flood risk.
- ☐ Purchase flood insurance from the National Flood Insurance Program.
- ☐ Plan how you and your family will safely evacuate in the event of a flood or flash flood and ensure all members of your household know where to go if they have to leave or if they cannot get home.
- ☐ Plan how you will communicate with family and friends if telephone or Internet systems are down.
- ☐ Make a 72-hour emergency kit.
- ☐ Plan what you will do to protect or evacuate your pets and/or farm animals.
- ☐ Learn how to turn off your utilities.
- ☐ Keep insurance policies, documents, and other valuables in a safe deposit box.
- ☐ Raise your furnace, water heater, and electric panel to higher floors or the attic if they are in areas of your home that may be flooded. Seal walls in basements with waterproofing compounds to avoid seepage through cracks.

If a flood watch or warning is issued:

- ☐ Use a NOAA Weather Radio or tune in to your preferred local news source on a portable, battery-powered radio or television.
- ☐ Heed the advice of the governor or local emergency management officials.
- ☐ Fill your car's gas tank.
- ☐ Stock up on prescription medications.
- ☐ Check your Disaster Supply Kit and replace or restock items as needed.
- ☐ Ensure that you have working flashlights and batteries.
- ☐ Turn the refrigerator and freezer to the coldest setting to prepare for power outages.
- ☐ Keep important documents and valuables in a safe deposit box or in a waterproof container on the highest level of your home.
- ☐ Turn off utilities if told to do so by authorities; close propane tank valves.
- ☐ Review your evacuation plan and ensure your planned route is the same as what is currently recommended.
- ☐ If you think an evacuation might be ordered and you have large or numerous animals, consider evacuating them as soon as you are aware of impending danger.
- ☐ Store drinking water in clean plastic bottles and pots and pans. Fill bathtubs and sinks with water to use for flushing the toilet and washing floors and clothing (but not for drinking).
- ☐ Bring outdoor belongings, such as patio furniture, indoors, and move indoor furniture and valuables to higher floors.

Floods | During

Hazard Preparation Checklist

What Should I Do During a Flood?

- ◻ If floodwater will affect your home or property, evacuate before nearby roads and infrastructure are affected and evacuation becomes difficult or impossible.
- ◻ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.

If you are outdoors or are driving:

- ◻ Stay out of areas subject to flooding. Dips, low spots, canyons, washes, etc. can become filled with water.
- ◻ Climb to high ground and stay there. Move away from dangerous floodwater.
- ◻ Never try to walk, swim, or drive through flooded areas, especially swift water. As little as six inches of water may cause you to lose control of your vehicle.
- ◻ Stay away from underpasses, which can fill rapidly with water.
- ◻ Turn around and find another route if you come upon rapidly rising water or barricades. Move to higher ground away from rivers, streams, creeks, and storm drains.

Floods | After

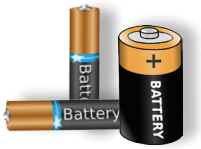
Hazard Preparation Checklist

What Should I Do After a Flood?

- ◻ Seek medical care at the nearest hospital or clinic, if necessary. Contaminated floodwater can cause infection.
- ◻ Adhere to official barricades and detours. Never try to walk, swim, or drive through moving water.
- ◻ If you evacuated, return home when emergency management officials indicate it is safe to do so.
- ◻ Check on friends and neighbors who may be more vulnerable due to functional needs.
- ◻ If you locate someone who requires rescue, contact local emergency services.
- ◻ Avoid flooded areas, and stay out of any building that has water around it.
- ◻ Use battery-powered lanterns or flashlights when examining buildings. DO NOT USE CANDLES.
- ◻ Examine the structure to ensure the building is not in danger of collapsing.
- ◻ Look for fire hazards, such as leaking gas lines, flooded electrical circuits, or submerged furnaces and appliances. If you smell gas or hear a hissing noise, open a window and quickly get outside. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor's home.
- ◻ Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main circuit box (but do not step in water to do so). Call an electrician if required. Electrical equipment should be checked and dried before being returned to service.
- ◻ Check for sewage and water line damage. If damage exists, avoid using the toilets and call a plumber and the water company. Avoid using water from the tap.
- ◻ Avoid drinking or preparing food with tap water until you are certain it is safe. Floodwater may have contaminated public water supplies or wells. Local officials will provide information.
- ◻ Check refrigerated food for spoilage. If in doubt, throw it out.
- ◻ Take pictures of the damage, both of the building and its contents, for insurance claims.
- ◻ Open windows and doors to ventilate and dry your home.
- ◻ Pump out flooded basements gradually (about one-third of the water per day) to avoid structural damage. If the water is pumped out completely in a short period of time, pressure from water on the outside could cause basement walls to collapse.
- ◻ Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are health hazards.
- ◻ If you have lost power and are using a generator, be sure to follow generator safety procedures.
- ◻ Throw away food and drinking water that has come in contact with floodwater, including canned goods. It is impossible to know if containers were damaged and the seals compromised.
- ◻ Discard contaminated wooden spoons, plastic utensils, baby bottle nipples, and pacifiers.
- ◻ Disinfect metal pans and utensils by boiling them in clean or properly treated water.

Emergency Kit Checklist

3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries

first aid kit, cash, cell phone and charger

ID cards, information: (Dr., meds, allergies), family / friends
contacts, toothbrush / toothpaste, blanket and washcloth

clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster.
It is a starting point, as individual needs vary depending upon circumstances.
For additional information, visit: www.Ready.gov

FEMA

Region 1, SOS Secrets of Survivors