

Emergency Preparedness

**Some thoughts from David Elliott, Emergency Management Director
Town of Woodstock, CT**

January 17, 2018

Tips to Be Prepared for Storms

No matter the potential impact, NOW is the time you should start to prepare so you aren't caught off-guard. Take these practical tips to heart:

- Stock up on emergency supplies. Important things to have: Water – one gallon per person per day; a battery-powered radio, flashlights and extra batteries, a manual can opener, first aid kit, blankets, raingear & extra warm clothing (put an extra set in your car)**
- Non-perishable food (ready-to-eat soup, cereal, crackers, fruit & vegetables, canned chicken, tuna, peanut butter, shelf stable milk and cheese, apple sauce, granola bars)
- Use flashlights for emergency lighting. Do not use candles.
- Fill extra containers with water. You can fill Tupperware and glass containers for drinking water. Make extra ice now and have a cooler ready in case you have to keep foods cold. You can fill bathtubs and trash cans with water for cleaning purposes and flushing toilets.
- Top off your car with gasoline. Also prepare generators, snow blowers, chain saws and other gas-powered equipment if you have them. **Do not use generators, charcoal or gas grills in your home, garage, or anywhere else indoors. Carbon monoxide is odorless and can kill.**
- Refill needed prescriptions. Contact visiting nurses and meals on wheels to plan for service disruption if you use these services.
- Secure anything outside that could be hazardous if wind-swept.
- Charge your cell phones, computers, and any other battery-powered communications devices.**
- Check in on neighbors who may need help.
- Be accountable for yourself and your family. Have an emergency contact list and an out-of-state central contact so family members can check in with each other. Also have extra cash on hand and identification.
- Give extra consideration to special needs for babies, elderly, health-impaired, and pets!** Consider things like oxygen supplies and electric-powered medical equipment. Put a plan into place so you can get help if you need it.
- Learn where shelters may be set up in your town, call 211 for information on services available.
- Plan for disruptions at school or work.
- Locally, listen to WINY Radio, 1350AM for weather-related and emergency information. You may also be able to listen on-line at www.winyradio.com.

Additional resources at: www.weather.com, www.ready.gov, and <http://www.redcross.org/>
Get a kit of supplies. Make a plan, and be informed...so you can be in the know and ready to go!

Excerpts from Northeast District Department of Health Document

David Elliott
Emergency Management Director
Town of Woodstock