



# CT Ready!

A GUIDE FOR  
PERSONAL PREPAREDNESS

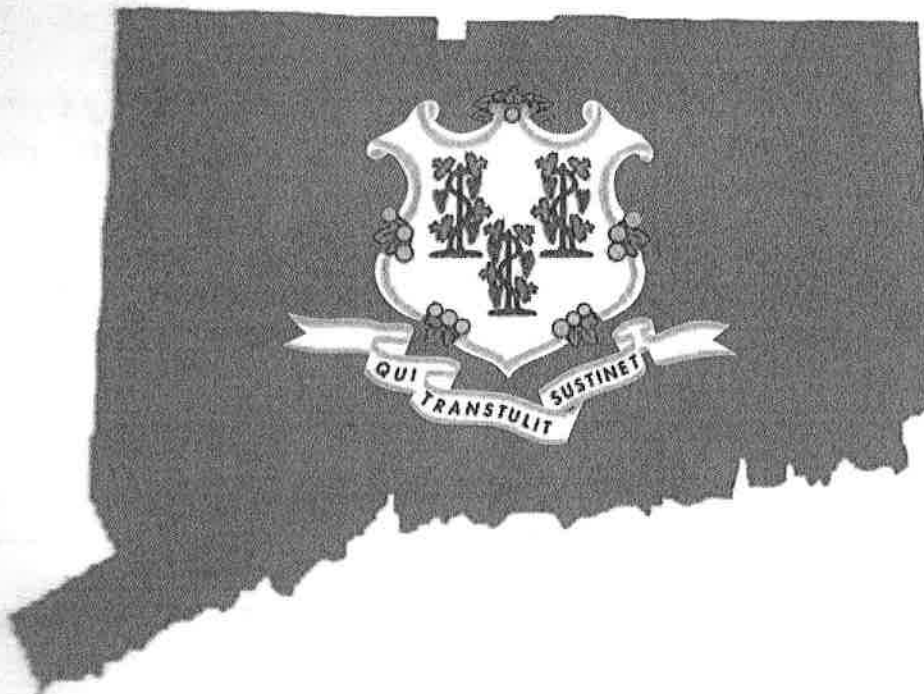
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Steps to be prepared for any emergency

make a plan

gather supplies

get informed



# make a plan

An emergency can happen at any time. The Connecticut Department of Public Health wants to help you get ready so you and your loved ones can be safe.



Use this guide to prepare so that you are ready in the event of ANY emergency.

## 1. Make a Plan

Fill in this guide **NOW** – don't wait for an emergency to occur. Planning ahead will give you the tools you need for an emergency. With your own **CT Ready! Personal Preparedness Guide** in hand, you will know how to confidently take care of yourself, your loved ones, and those nearby. This will help you feel calm and in control.

## 2. Gather Supplies

Use the checklists in this guide to make your emergency kits, so that you have supplies ready.

## 3. Get Informed

Learn about the types of emergencies and what to do for each one in this guide. You will also find important links and phone numbers for Connecticut agencies and organizations that provide information and help during an emergency.

List everyone currently living in your home (include all adults, children and guests):

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## Select Your Emergency Partners

### Don't Go Through an Emergency Alone.

To prepare, ask at least two people to be your emergency partners, so you can help and support each other during an emergency. They should be people you trust.

### Your Emergency Partners Should:

- Stay in contact during an emergency.
- Know where to find your emergency supplies.
- Know how to operate your medical equipment or help move you to safety in an emergency.

### Important Names and Phone Numbers:

Fill in this information and make a copy for everyone in your family.

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

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

City: \_\_\_\_\_

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

### Person Nearby in Connecticut:

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

Relationship (such as friend, family, sister, brother, etc.): \_\_\_\_\_

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

City: \_\_\_\_\_

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

### Person in a Different State:

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

Relationship (such as friend, family, sister, brother, etc.): \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_

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

### Nearest Relative:

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

Relationship (such as sister, brother, aunt, etc.): \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_

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

### School and Day Care Numbers:

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

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

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

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

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

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

# make a plan

## Health and Medical Information

### Important Health and Lifesaving Information:

Your Full Name (as it is listed on medical forms):

\_\_\_\_\_

Date of Birth (mm/dd/yyyy):

\_\_\_\_\_

### My Doctors/Specialists:

Doctor's Name: \_\_\_\_\_

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

Doctor's Name: \_\_\_\_\_

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

### Pharmacy:

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

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

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

### Health Insurance

Company Name (such as Blue Cross, Aetna, Medicare, etc.):

\_\_\_\_\_

Individual Plan Number: \_\_\_\_\_

Group Plan Number: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_



### Essential Medications and Doses:

Medication | Dose | Daily | Weekly | Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any known allergies (such as to bees, penicillin, latex, peanuts or other food allergy, etc.):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Ongoing medical care/treatment (such as chemotherapy, dialysis or oxygen):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Blood type: \_\_\_\_\_

Do you wear glasses? ☐ Yes ☐ No

Eyeglass prescription: \_\_\_\_\_

Do you wear hearing aids? ☐ Yes ☐ No

Do you wear dentures? ☐ Yes ☐ No

Other medical conditions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List special equipment that you use (such as oxygen, wheelchair, walker, cane, etc.):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I am the Legal Guardian and Take Care of:**

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

Date of Birth (mm/dd/yyyy): \_\_\_\_\_

Relationship: \_\_\_\_\_

They live with me: ☐ Yes ☐ No

Their address is:

\_\_\_\_\_  
\_\_\_\_\_


Their Medications: \_\_\_\_\_

Their Allergies: \_\_\_\_\_

Their Medical Conditions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Communication Help

- ☐ I cannot read well. 
- ☐ I may have difficulty understanding what you are telling me. Please speak slowly and use simple language or pictures.
- ☐ I use a device to communicate.
- ☐ I do not hear well.
- ☐ I do not see well.
- ☐ I am Deaf and use American Sign Language.
- ☐ Please write down directions for me.

### What Language(s) Do You Speak?

- ☐ I speak English.
- ☐ Hablo español. (Spanish)
- ☐ Eu falo português. (Portuguese)
- ☐ Mówię po polsku. (Polish)
- ☐ Je parle français. (French)
- ☐ 我说中文. (Chinese)
- ☐ Parlo italiano. (Italian)
- ☐ Я говорю по русски. (Russian)
- ☐ Mwen pale Kreyòl. (Kreyol)
- ☐ Tôi nói tiếng Việt. (Vietnamese)



# make a plan

## Utility Company Phone Numbers

Electric Company: \_\_\_\_\_

Gas or Oil Company: \_\_\_\_\_

Water Company: \_\_\_\_\_

Telephone Company: \_\_\_\_\_

Cable TV Company: \_\_\_\_\_

### Home/Rental Insurance:

Insurance Company: \_\_\_\_\_

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

Policy Number: \_\_\_\_\_

### The Stress of an Emergency

Emergencies can be stressful. Try to remain calm. Stay connected to reliable news sources. Watch for updates and follow directions from your local authorities.



## Special Considerations

### Children

#### Help Them Feel Better During and After an Emergency by:

- Asking your children to talk about anything that scares them.
- Letting them ask questions and tell you how they're feeling.
- Talking together as a family about the emergency.
- Telling children what is happening in simple words so they can understand.
- Making sure they know that the emergency is not their fault.

#### After the Emergency:

- Tell them it is safe to go back to school and do other normal things, like playing with friends.
- Tell them they can talk to their teachers about the emergency.
- Visit [ready.gov/kids](http://ready.gov/kids) for more important tips.

### Elderly

- If you have home health care services, make sure they know your family's emergency plan and your key contacts.
- Tell other family members where to find emergency supplies and teach them how to use any special medical equipment.
- Put your name on special equipment like wheelchairs, canes or walkers.

## Accessibility or Special Needs

Describe your accessibility or special needs:

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- Tell other people where you keep your emergency supplies.
- Give one person you know and trust a key to your home.
- If you have medical equipment that needs electricity and you have to evacuate to a shelter, bring an extension cord with you.
- If you have medical supplies delivered and have to evacuate or stay somewhere else temporarily, let your medical supply company know where you are staying.
- If you need dialysis, find out where there are dialysis treatment facilities nearby.
- If you have to stay in a hotel or motel, make sure you tell the people at the front desk that you will need help if there is an emergency.

## Pets

**Make a plan for what you will do to keep your pets safe during an emergency.**

- Call friends, family, veterinarians or boarding kennels outside of your neighborhood ahead of time to see if they'd be able to care for your pets.
- Generally, only service animals that help people with disabilities are allowed in shelters.
- For more information on caring for your pets before, during and after an emergency, go to [ready.gov/animals](http://ready.gov/animals) and the Connecticut State Animal Response Team (CTSART) [ctsart.org](http://ctsart.org), or call the American Red Cross: 877-RED-CROSS (877-733-2767).

**Pet Name:** \_\_\_\_\_

Type of Pet (i.e., dog, cat, etc.): \_\_\_\_\_

Rabies Vaccination Number: \_\_\_\_\_

Expiration Date (mm/dd/yyyy): \_\_\_\_\_

**Pet Name:** \_\_\_\_\_

Type of Pet (i.e., dog, cat, etc.): \_\_\_\_\_

Rabies Vaccination Number: \_\_\_\_\_

Expiration Date (mm/dd/yyyy): \_\_\_\_\_

**My Veterinarian is:**

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

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



# make a plan

## Be Ready at Home

The Safest Place Inside my Home is:

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Write directions on how to turn off the utilities in your home in case you are instructed to do so by the authorities.

### How to Turn Off:

Electricity: \_\_\_\_\_

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Gas: \_\_\_\_\_

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Water: \_\_\_\_\_

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## How to Shelter in Place

In some emergencies, you may be told to shelter in place. This means that you should stay inside wherever you are, and not go outside.

### You Should:

- Stay calm.
- Bring children and pets inside right away.
- Close and lock all windows and outside doors.
- Get your home emergency kit.
- Go to a room in the middle of your home or a room without windows if you have one.
- Stay where you are until you are told it is safe by authorities.

**During a public emergency, stay connected to reliable news sources. Watch for updates and follow directions from your local authorities.**



## Be Ready for Evacuation

### Choose a Meeting Place:

Think of places that your family can meet if you are separated during an emergency, such as a library, community center or place of worship.

### My Family's Meeting Place is:

Name of Place: \_\_\_\_\_

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

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### Choose a Place Where You Can Stay:

Think of a place where you can stay if you have to leave your home for a few days. It can be a friend or family member's home, a motel, hotel or shelter.

**If I Need to Leave my Home for a Few Days, I Will Go to:**

Name of Place: \_\_\_\_\_

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

### My Town's Designated Shelter is:

Name of Place: \_\_\_\_\_

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

### Listen for Official Evacuation Announcements:

If you are told to evacuate, leave right away and take your emergency **Go Bag** with you. (See page 10 to learn how to make a **Go Bag**.)

## What to Do if an Emergency Occurs

- Stay in a safe place.
- Check to see if anyone around you is hurt and get help for anyone who's seriously injured.
- Dial 9-1-1 **ONLY** if there's a life-threatening situation. It is very important to keep these lines open for those who need them.
- Make sure your pets are safe and secure.
- Contact your family by sending a text message from your cell phone. In many cases, text messages will go through when a phone call may not. If you do not have a cell phone, limit your land line usage.
- Check on your neighbors, especially those who are elderly, have a disability or special needs.
- **DO NOT** go to the hospital unless there is a medical emergency.

**During a public emergency, stay connected to reliable news sources. Watch for updates and follow directions from your local authorities.**



# gather supplies

## Make Your Emergency Kits

If there is an emergency in your area, you might not be able to get food, water or other things you need to survive.

**Use These Checklists to Make Your Emergency Kits:**

1. Go Bag
2. Home Emergency Kit
3. Car Emergency Kit

Check and refill your kits when you change your clocks in the fall and spring.



## Go Bag

Prepare a **Go Bag** for every person in your household. It should be sturdy and easy to carry, like a backpack or a small suitcase on wheels.

A **Go Bag** is a collection of things you would want if you have to leave in a hurry.



### Pack:

- ☐ Bottled water



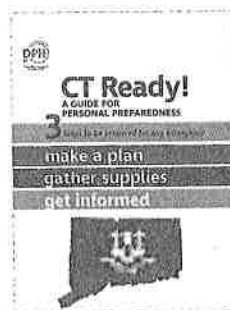
- ☐ Nonperishable food, such as granola bars



- ☐ Flashlight



- ☐ A copy of this completed guide



- ☐ Copies of your important documents in a waterproof container (such as insurance cards, Medicare/Medicaid cards, photo IDs, proof of address, marriage and birth certificates, copies of credit and ATM cards)



- ☐ Hand-crank or battery-operated radio and extra batteries



☐ Cash, in small bills



☐ Notepad and pen



☐ Cell phone chargers



☐ Backup medical equipment (such as glasses, contact lenses and lens solution, hearing aids), batteries, chargers and extension cords



☐ Medical alert tag/bracelet if you wear one



☐ Supplies for your service animal or pet (such as food, extra water, bowl, leash, dog waste bags, vaccination records and medications)



☐ Pictures of your family members and pets in case you are separated and need help looking for them



☐ Extra set of car keys

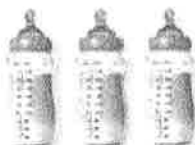


**If you have small children, you may need:**

☐ Formula



☐ Bottles



☐ Baby food



☐ Diapers

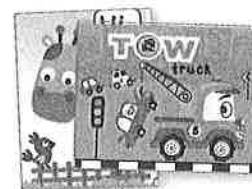


☐ Wipes



☐ Toys that do not require batteries or electricity, such as:

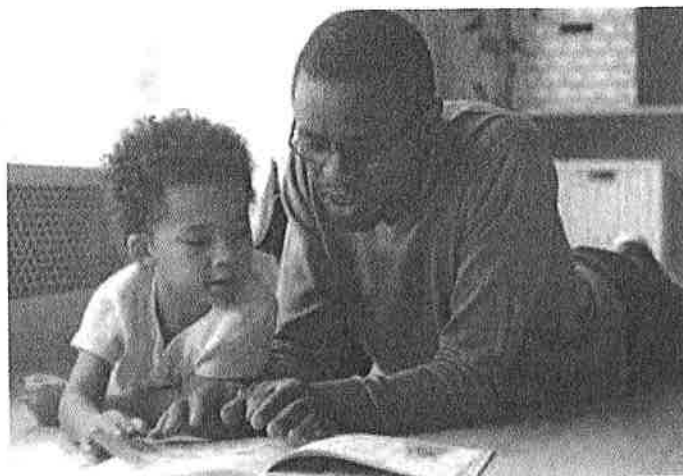
☐ Books



☐ Soothing toys



☐ Coloring book and crayons



# gather supplies

## Home Emergency Kit

Your **Home Emergency Kit** should have enough supplies for you and your household for at least 3 days.



### Pack:

- ☐ Bottled water – at least one gallon of water for every person in your household for at least 3 days. Pack more water if there are children, if someone is nursing a baby, or if the weather is hot.



- ☐ Manual can opener



- ☐ Food that does not require refrigeration or cooking, such as cans or sealed packages of tuna fish, beans and cereal



- ☐ Food for infants or the elderly



- ☐ Paper plates and bowls, and plastic utensils



- ☐ Paper towels, toilet paper, soap



- ☐ Bleach and eyedropper (to treat water)



- ☐ Battery-powered radio



- ☐ Flashlights with extra batteries



- ☐ Cell phone and charging cord



- ☐ Blanket/sleeping bag and pillow for everyone in the household



- ☐ Extra clothing for each person



- ☐ First-aid kit. Remember to include: fever reducers such as Tylenol, Motrin, Advil or aspirin for adults and children (in liquid form if needed)



- ☐ Medical supplies (such as colostomy supplies, insulin syringes)



## Car Emergency Kit

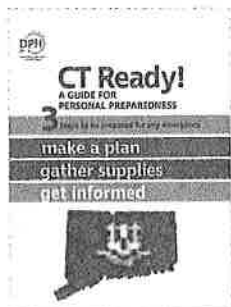
- ☐ Garbage bags and cleaning supplies



- ☐ Supplies for your service animal or pet (such as food, water, bowl, leash, cleaning items)



- ☐ A copy of this completed guide



- ☐ Bag of sand or kitty litter for gaining traction under wheels, and a small shovel



- ☐ Jack and lug wrench, spare tire



- ☐ Windshield scraper and broom



- ☐ Booster cables



- ☐ Tow rope



- ☐ Brightly colored cloth to use as a flag, and flares or reflective triangles



- ☐ Flashlight with extra batteries



- ☐ Small tools (pliers, wrench, screwdriver, utility knife)



- ☐ Extra clothes to keep dry



- ☐ Cell phone charger for car



- ☐ First-aid kit. Remember to include: fever reducers such as Acetaminophen, Ibuprofen or aspirin for adults and children (in liquid form if needed)



- ☐ Nonperishable food such as protein bars, granola bars or fruit bars



- ☐ Bottled water



- ☐ Blankets/ sleeping bags





## Types of Emergencies

### Natural Disasters include:

- Severe hurricanes
- Flash floods
- Snowstorms or blizzards
- Tornadoes

### STORM WEATHER TERMS:

#### • WATCH

A severe storm watch means that dangerous weather may happen.

#### • WARNING

A severe weather warning means there is a storm on its way.

### During a Natural Disaster

- Check local TV, radio stations or the Internet for official instructions, i.e., shelter locations and weather reports.

### After a Natural Disaster

- Make sure that your family is not hurt.
- Do not touch or go near power lines that have been knocked down. Tell your local power company where you see power lines that down.
- If there is a power outage, you should be careful of food safety and carbon monoxide poisoning. See "Power Outages" on the next page for more information.

**Learn more about what to do during an emergency at [ready.gov](http://ready.gov).**

## Severe Hurricane

- If there is a severe hurricane or warning, get inside right away.
- Take your **Home Emergency Kit** and your **Go Bag** and move to the lowest part of your home, like your basement if you have one.
- If you are told to evacuate, take your **Go Bag** and leave immediately.

## Flash Flooding

- Move to the highest level of your home. Take your **Home Emergency Kit** with you.
- If there is flooding, stay away from flood water. Flood water may contain viruses, bacteria and germs that could make you very sick.
- All food, water and medicine that have come in contact with flood water should be considered contaminated and thrown away.

## Snowstorm or Blizzard

- Stay off the roads.
- Make sure you have food, water and supplies to stay safe and warm for a few days.
- Make sure your cell phone is charged, as you may lose electricity.
- Check to be sure that inlets and outlets for furnaces and other appliances are free from snow to prevent ventilation problems and carbon monoxide buildup.
- Make sure your car's exhaust pipe is clear of snow or ice before starting.

## Tornado

- If there is a tornado warning, get inside immediately.
- Go to the basement, storm shelter or a room near the middle of the home.
- If you are in a tall building, go to the middle of the building, like a stairwell or hallway.

## Sewage Backup

If you have a sewage backup in your home:

- Call your town or local health department to report a sewage backup.
- A sewage backup can make your home unsafe to live in.
- Turn off the power if there is standing water or the chance of electrical wires touching water or anything wet.
- Do not flush the toilets.
- Keep all children and pets away from the sewage.
- Wear rubber gloves when touching anything with sewage on it. Wash hands right after.
- Never touch raw sewage with bare hands.

**During a public emergency, stay connected to reliable news sources. Watch for updates and follow directions from your local authorities.**

## Power Outage

Hazardous conditions such as storms can cause power outages.

Report a power outage to your electric company. In Connecticut, the major electric companies are:

- Eversource: 1-800-286-2000
- United Illuminating: 800-722-5584



## Food Safety During a Power Outage

- Food in your refrigerator may be unsafe to eat if the power is off for 4 hours or more.
- Keep the refrigerator and freezer closed to help keep food safe longer.
- A freezer full of frozen food will be safe for no more than 48 hours (24 hours if half full).

## After a Power Outage

Clean out your refrigerator and freezer **BEFORE** you put new food in it:

- Wash the inside of the refrigerator and freezer – first with soap and warm water, then with a mild bleach solution or disinfectant wipes.
- Let it get cold inside the freezer and refrigerator **before** you fill it with food.
- For more information, go to [ready.gov/food](http://ready.gov/food)

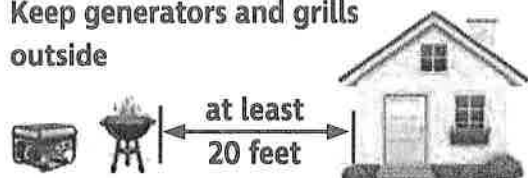




## The Danger of Carbon Monoxide

Carbon monoxide is a poisonous gas that is odorless and colorless, and can cause sudden illness and death.

**Keep generators and grills outside**



To prevent carbon monoxide poisoning:

- Do not use portable generators inside your home, garage, carport, basement or other enclosed space, like a covered porch.
- Position portable generators outside – at least 20 feet away from your home. Keep your generator away from doors, windows or air intake vents.
- Do not use charcoal grills, gas grills or camping stoves inside your home.
- Do not use propane or kerosene heaters inside your home.

## Drinking Water Emergency

Contamination of drinking water with dangerous chemicals or substances may be caused by water system failures, accidents or terrorist attacks.

**The signs of drinking water contamination include water that has:**

- A change in color
- An unusual smell or taste
- Floating pieces in it
- Private wells that have flooded are considered contaminated and must be disinfected before use.

- Do not use your gas oven or stovetop to heat your home.
- Install carbon monoxide detectors on each floor of your home, outside all sleeping areas. Change the batteries every six months and replace your carbon monoxide detectors every five years.
- Opening windows and doors, and using fans, is not enough to stop a deadly buildup of carbon monoxide in your home.

**The signs of carbon monoxide poisoning are like the flu:**

- Headache
- Nausea
- Tiredness
- Vomiting
- Dizziness
- Loss of consciousness

If you or a family member has signs of carbon monoxide poisoning, get outside immediately and dial 9-1-1 from a cell phone or from a neighbor's home.

- For more information, go to [ready.gov/power-outages](http://ready.gov/power-outages)

- For information on disinfecting wells, go to [agwt.org/content/water-well-disinfection-procedure](http://agwt.org/content/water-well-disinfection-procedure)

If you are told by health officials to treat your drinking water, use treated or bottled water when:

- Cooking
- Washing fruits and vegetables
- Brushing your teeth
- Making baby formula
- Adults and older children do not need to use treated water to shower or bathe, but should try not to swallow or get untreated water in their mouths.

- **Check for leaks.** Turn off the water at the main shut-off valve if you find a leak. If you have a sump pump, make sure it is working properly.
- **Check your drinking water.** If you notice a change in taste or smell, stop drinking it. If you have a water filter, change it. If you have a water softener, make sure it is working properly.
- **Use bottled water.** If you have bottled water, use it. If you don't, buy bottled water. If you have a water filter, make sure it is working properly.
- **Use water purification tablets.** If you have water purification tablets, use them. If you don't, buy them. If you have a water filter, make sure it is working properly.
- **For more information on ways to make water safe,** go to [cdc.gov/healthywater/emergency/making-water-safe.html](http://cdc.gov/healthywater/emergency/making-water-safe.html)

**During a public emergency, stay connected to reliable news sources. Watch for updates and follow directions from your local authorities.**

## Pandemic

When a new kind of virus or flu makes people sick all over the country or the world, it is called a pandemic. It can last for many months, affect many people and be very dangerous. A pandemic is different from the ordinary flu.

### During a Pandemic

You may experience:

- Long lines and overcrowding at health centers and hospitals
- A shortage of medicines
- Closed schools, businesses, stores, banks and government offices

## Breastfeeding

Breastfeeding is the best way to protect your baby from the risk of illness caused by contaminated water. It also protects your baby from breathing



problems and diarrhea – illnesses that can be deadly in a disaster. Breastfeeding is especially important if there is a loss of power, water and other services.

- For breast milk stored in your freezer, if you can see ice crystals, it is safe to refreeze.
- If the breast milk has defrosted (no ice crystals), use within 48 hours for healthy babies and within 24 hours for premature or sick babies.
- For more information, go to [cdc.gov/breastfeeding](http://cdc.gov/breastfeeding)

### You should:

- Be as healthy as you can be. Get your yearly flu vaccination, eat a balanced diet, get plenty of rest and exercise daily.
- Stay away from anyone who is sick.
- Stay home from work or school if you feel sick.
- Clean the surfaces of shared objects (telephones, countertops, doorknobs).
- Avoid touching your eyes, nose or mouth. These are areas where germs can enter your body.
- For more information about pandemic flu, go to [ready.gov/pandemic](http://ready.gov/pandemic)

## Biological Emergency

Biological emergencies can include:

- Bacteria, like anthrax
- Viruses, like Ebola or measles
- Toxins, like botulinum

They can be sprayed into the air, used to poison food, and put into drinking water.

Some types can also be spread by person-to-person contact.

Bacteria, like anthrax, can't be passed from one person to another.

Measles can be passed from one person to another. If that happens, people who have gotten sick might need to distance themselves from others or be isolated to prevent others from getting sick.

### Some Ways to Protect Yourself Include:

- Hand washing
- Social distancing
- Medication/vaccination

### During a Biological Emergency

There may be long lines of people waiting for medications, vaccines or medical care, so you should be patient.

## Chemical Emergency

Chemical emergencies can include poisonous:

- Gasses
- Liquids
- Solid Materials

### During a Chemical Emergency

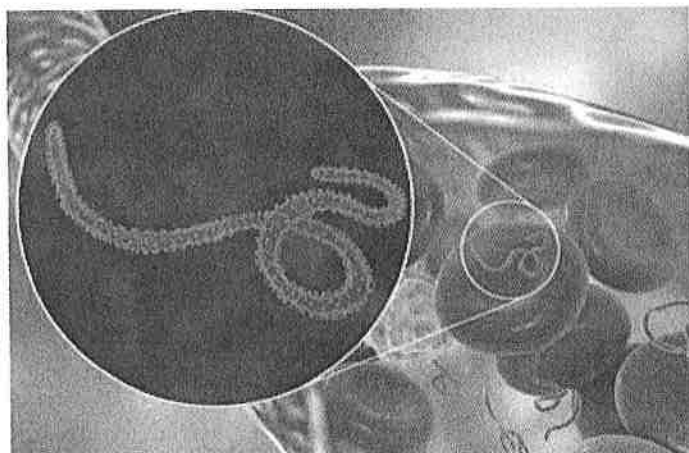
If a chemical emergency occurs outside your home – like a car accident, a rail car explosion, a factory accident or a tanker truck overturns:

- Turn off fans, air conditioners, and forced-air heating units that bring in fresh air from the outside.
- If you are told to stay where you are, move to an inside room and bring your **Home Emergency Kit** with you.

### After a Chemical Emergency

- Wash with soap and water right away if you think you were near the chemical.
- Change out of your clothing.
- Seek medical care if you feel sick.

**During a public emergency, stay connected to reliable news sources. Watch for updates and follow directions from your local authorities.**



## Nuclear or Radiological Emergency

A nuclear or radiological emergency might be announced at a nuclear power plant or the intentional use of a nuclear weapon.

### During a Nuclear or Radiological Emergency

Authorities will watch the levels of radiation and tell you what you should do to protect yourself.

- You may be directed to shelter in place or evacuate your family to a Community Reception Center for monitoring and cleaning if necessary.
- Follow the evacuation route for your neighborhood.

### If you Live Near the Millstone Nuclear Power Plant in Waterford, and there is an Emergency:

- Local officials will sound a steady siren tone for approximately 3 minutes, and may make public address system announcements from loudspeakers.
- Upon hearing the sirens, turn on an Emergency Alert System (EAS) radio or TV station for information on the situation and emergency instructions.

EAS radio stations are:

- WDRC 1360 AM
- WTIC 1080 AM
- 102.9 FM (Hartford)
- 96.5 FM (Hartford)
- WCTY 97.7FM (Norwich)
- For more information on how to seal a room and "shelter in place" during a nuclear or radiological emergency, visit [ready.gov/be-informed](http://ready.gov/be-informed)

## Ways You Can Help

### Donate Blood

Call the American Red Cross at 877-RED-CROSS (877-733-2767) or visit [redcross.org](http://redcross.org) to make an appointment to donate blood.

### Donate Clothing and Food

Contact the relief agencies/organizations in your area to see what they may need, like clothing or food.

### Learn CPR and First Aid

Take a basic First Aid and CPR class. Find a class at [redcross.org](http://redcross.org)

## Volunteer

### Medical Reserve Corps

If you are a licensed or retired healthcare professional, or if you are interested in volunteering during a disaster at a hospital or local/regional medical reserve corps unit, go to [ctresponds.ct.gov](http://ctresponds.ct.gov) to register. For more information, go to [mrc.hhs.gov](http://mrc.hhs.gov)



### Community Emergency Response Team

Join a Community Emergency Response Team (CERT). Contact your local town or city for more information or go to [ct.gov](http://ct.gov) and search for "Community Emergency Response Team."

### Neighborhood Watch

Form a neighborhood watch program to be better prepared for future events. For more information go to [nnw.org/about-neighborhood-watch](http://nnw.org/about-neighborhood-watch)

# Important Contacts and Sources of Information

## IN AN EMERGENCY, CALL 9-1-1

**Sign up for Connecticut State Alerts**  
ctalert.gov

## Connecticut Department of Public Health

860-509-8000  
ct.gov/dph/prepare

## Connecticut Department of Emergency Services and Public Protection

860-685-8190  
ct.gov/demhs

## Connecticut State Police

Non-emergency number: 860-626-7975

## Connecticut Poison Control Center

800-222-1222  
health.uconn.edu/poison-control

## CT Prepares App

Download the CT Prepares App  
on the Apple App Store  
or Google Play



Stay connected.  
Follow DPH on  
Facebook and Twitter.



## Find a Shelter

### United Way CT 2-1-1

Go to 211ct.org or call 2-1-1

### American Red Cross

877-RED-CROSS (877-733-2767)  
redcross.org

## Send an Anonymous Tip

### Report suspicious activities:

- Call 866-HLS-TIPS (866-457-8477)
- Email [despp.feedback@ct.gov](mailto:despp.feedback@ct.gov) or call your local police station.

## To Learn More

### Visit these websites:

[ready.gov](http://ready.gov)  
[fema.gov](http://fema.gov)  
[emergency.cdc.gov](http://emergency.cdc.gov)

**After completing this guide,  
keep it in a safe place so you  
will always know where to  
find it.**

This guide is written in English.



## Things you need to know:

- Heat illness can strike quickly—learn to recognize the symptoms.
- Workers with heat illness should stop working, get cool, and drink fluids.
- Altered mental state can be a sign of heat stroke and requires immediate attention.
- When treating severe heat illness, cooling is the first priority.

# HEAT STRESS First Aid for Heat Illness

Cooling is key. Know the symptoms and treatment of heat illness.

## Signs and Symptoms

Symptoms can occur in any order. For example, a person will not always experience heat cramps before they suffer from heat exhaustion.

## What to Do

### Heat Rash/Prickly Heat

- Red cluster of pimples or small blisters, usually on neck, upper chest, groin, under breasts, and in elbow creases
- Extensive areas of skin that do not sweat on heat exposure, but present gooseflesh appearance that subsides with cool environments

- When possible, a cooler, less humid work environment is the best treatment
- Keep rash area dry
- Powder can be applied to increase comfort
- Do not use ointments or creams, as they may impair cooling—warm, moist skin can make the rash worse

### Heat Cramps

- Muscle cramps, pain, or spasms in the abdomen, arms, or legs

- Drink fluids every 15 to 20 minutes and eat a snack or sports drink
- Avoid salt tablets
- Get medical help if the worker has heart problems, is on a low sodium diet, or if cramps do not subside within 1 hour

### Heat Syncope (Fainting)

- Fainting, dizziness, or light-headedness after standing or suddenly rising from a sitting/lying position

- Sit or lie down in a cool place when beginning to feel faint or dizzy
- Slowly drink water or clear juice

### Heat Exhaustion

- Headache
- Nausea
- Dizziness, weakness
- Irritability
- Thirst, heavy sweating
- Elevated body temperature
- Decreased urine output

- Call for medical help or take worker to a health facility for evaluation and treatment
- Stay with worker until help arrives
- Remove worker from hot area and give liquids to drink
- Remove unnecessary clothing, including shoes and socks
- Cool worker with water, cold compresses, an ice bath, or fans
- Encourage frequent sips of cool water

### Heat Stroke

- Confusion, altered mental state, slurred speech, loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperatures
- Fatal if treatment delayed

- This is an emergency! Call for emergency care immediately!
- Move worker to a cool area and remove outer clothing
- Cool worker with water, cold compresses, an ice bath, or fans
- Circulate air around worker to speed cooling
- Place cold, wet cloths or ice on head, neck, armpits, and groin
- Stay with worker until emergency medical services arrive

Less Severe

Severe

OFTEN FATAL