



## September is National Preparedness Month: Are You Prepared for a Disaster?

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### Why is it Important to Prepare and What Should I Do?

#### Why is it important to prepare?

It is important to prepare for disasters because emergency workers may not get to you and your family right away. Being prepared can help you in an emergency.

#### What should I do?

Know about the types of disasters that may happen

where you live such as floods, tornadoes, hurricanes, ice storms, and other events. Find out if your job and your child's school have disaster plans, and if so, what those plans are. If you have any insurance policies (home, health, life) know what they cover. If you live in a place where floods occur, you may

want to buy flood insurance. If you can, refill your medications one or two weeks before they run out. This may help if a disaster keeps you from getting to the pharmacy.

### What is a Family Disaster Plan?

Have a contact plan that says where to go in an emergency and who to call. Give your family the phone number of someone nearby who does not live with you and also someone out of state. This is so you can all find each other if you get separated.

#### A family disaster plan includes:

- Family contact plan
- Plans for children and people who need help
- Plans for pets
- Escape routes to leave the disaster area
- How to shut off the gas, electricity, and water for your home
- Disaster supplies kit

This is a pack of supplies that can be used whether your family is asked to stay at home or leave the area. Everyone in your family should know where the kit is stored. You may also want to keep an extra kit in the trunk of your car.

### What to Put in Your Disaster Supplies Kit

- 3 days' supply of water and food for each family member (3 gallons of water for each family member)
- Portable radio, flashlight and extra batteries
- Copies of important family documents
  - Identification cards (driver's licenses, passports)
  - Wills
- Household inventory
- List of medications for each family member
- Basic first aid kit
- Manual can opener, forks, knives and spoons
- Non-prescription drugs
- Sanitizing hand gel, toothpaste, soap, toilet paper
- Extra clothing, blankets and pillows

Rotate canned or dried food items in your kit now and then to make sure they are safe to eat. Do not store prescription medications in your kit because they can expire before you need to use them.

## What if I Have a Pet?

Talk to your vet about evacuation and emergency care for your pets so that you know what to do to prepare. Many shelters do not allow pets. Find out if there are emergency animal shelters in your area. This will save time in figuring out what

to do if you cannot take your pet with you when asked to leave the area. Make an animal disaster supplies kit. This should include pet food, water, pet health records, collar, leash, and pet ID tag.



## What if an Emergency is Declared?

The Emergency Alert System tells you when there is an emergency. TV and radio programs will be interrupted to give you the emergency message. When this happens, stay calm and follow the advice of the message. Call your family

contact to let them know what is happening. Check on your neighbors, especially the elderly and the disabled to make sure they know what to do and provide them with assistance if you can. Use your phone for emergency calls only.

Do not call 9-1-1 unless there is an immediate life-threatening situation. Do not go to the hospital unless you or a family member needs help for a medical emergency.

### For more information please visit:

Preparedness Today: What You Need to Do  
Centers for Disease Control and Prevention and American Red Cross  
[http://www.redcross.org/preparedness/cdc\\_english/CDC.asp](http://www.redcross.org/preparedness/cdc_english/CDC.asp)

Connecticut Department of Public Health, Preparedness and Response Website  
<http://www.dph.state.ct.us/bt/ready/btpdns-ephome.htm>

Connecticut Department of Emergency Management & Homeland Security  
Connecticut Guide to Emergency Preparedness  
<http://www.ct.gov/demhs/cwp/view.asp?a=1939&q=318044>

Pet Friendly Lodgings  
[www.petswelcome.com](http://www.petswelcome.com)



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**Mission:** As part of a national network of Centers for Public Health Preparedness that are funded by the Centers for Disease Control and Prevention (CDC), the Yale Center for Public Health Preparedness, based at the Yale School of Public Health, works to ensure that frontline public health workers are prepared to respond to public health emergencies including natural disasters, acts of terrorism, and disease outbreaks.

*The purpose of this newsletter is to provide preparedness information to the general public.  
If you have suggestions for future topics, please contact the Center at [cphp@yale.edu](mailto:cphp@yale.edu).*

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