



WELCOME

The information enclosed is designed to serve as a handy quick reference guide to supply suggestions and emergency information. Please place this booklet in an easy access location. Contained in this booklet are some suggestions to assist you in a variety of emergencies.

In the case of any medical or dangerous situation always dial 911.

PLAN AND PREPARE

The following are ways to plan and prepare for a possible emergency situation.

- ❖ Fill out the **FILE FOR LIFE** information cards. These can be picked up at the Mansfield Senior & Wellness Center. The large magnetic **FILE FOR LIFE** should be placed on the front of your refrigerator as emergency medical personnel are trained to look for it there. Identical **FILE FOR LIFE** cards should go in both your vehicle glove box and in your **Evacuation Go Bag**.
- ❖ This booklet supplies you with many useful phone numbers and resources. Please take a few moments to fill in your own personal emergency numbers and contacts in the blank spaces provided.
- ❖ Discuss your evacuation plans in case of emergency with family members and friends.
- ❖ Pack an **Evacuation Go Bag** as described below.
- ❖ Prepare your home and other emergency essentials as described on the following pages.
- ❖ **SMILE and enjoy some peace of mind because in the case of emergency...you have a plan and know what to do!**

EVACUATION GO BAG

Your Evacuation Go Bag should be packed and ready to “grab & go” in the event you have to quickly evacuate your residence. Place it in an easily accessible spot and label your bag with your name.

Listed below are recommended contents. You may choose to include additional items, just remember your **Evacuation Go Bag** should be light weight and ready to go.

1. Your completed **FILE OF LIFE** card
2. Small personal hygiene items such as denture cream, deodorant, and tooth brush, etc.
3. A pill box with at least one week’s worth of your current medications
4. Flashlight with extra batteries
5. Comfortable change of clothes
6. Personal appliances such as eyeglasses, dentures, etc.
7. Cash or travelers checks
8. Dust mask
9. Paper & sharpened pencil or a pen
10. Blanket
11. Cell phone charger
12. Battery or crank operated radio
13. One bottle of water
14. Extra set of keys
15. Shower flip flops
16. Rain poncho
17. Paperback book or deck of cards

EVACUATION

This information is recommended in the event you need to, or are ordered to evacuate your home. Information is applicable for a variety of emergency situations.

- ❖ If you are ordered to evacuate and need assistance call the Red Cross or local disaster preparedness officials.
- ❖ Notify a designated person (family member or friend) of your evacuation and where you are going.
- ❖ Take your *Evacuation Go Bag* with you.
- ❖ Turn off electric and/or water supply (if you know how to and are instructed to do so).
- ❖ Close all windows and lock all doors to your home.
- ❖ Take main routes to your destination (unless otherwise directed). Short cuts or back roads may be hazardous.

PET OWNERS

The E.O. Smith High School on RT 195 (across from Dog Lane) will shelter pets in the event of a situation declared by the Town of Mansfield that requires that shelter to open.

Please be advised that you **MUST** have the following items available with your pet:

- ❖ A clearly labeled crate, portable tank or cage with a cover to contain your pet. Labels should include both your name and your pet's name.
- ❖ A collar and a leash for both dogs and cats.
- ❖ Vaccination, license and health certificate records.
- ❖ Sufficient food for each day your pet will be sheltered.
- ❖ Any favorite toy or small item that will comfort your pet.

HURRICANES, SEVERE THUNDER STORMS, TORNADOES, & WINTER STORMS

Hurricanes

- ❖ Know risks and evacuation routes
- ❖ Develop an action plan
- ❖ Assemble your disaster supply kit
- ❖ Secure any outdoor items
- ❖ Check batteries
- ❖ Stock up on at least 3 days worth of nonperishable foods
- ❖ If evacuating, determine where you will go and leave as early as possible
- ❖ Consult www.flash.org to prepare your home

Severe Thunderstorms & Lightening

- ❖ Avoid water sources
- ❖ Avoid land line phone
- ❖ Stay inside
- ❖ Turn off appliances

Tornadoes

- ❖ Identify potential shelters
- ❖ Learn the community's warning system
- ❖ Keep all windows and doors closed
- ❖ Go to safe place or shelter
- ❖ Listen to weather reports (EAS or NOAA)

Winter Storms

- ❖ Stay home to avoid accidents
- ❖ Shovel & snow blow smartly to avoid exhaustion & heart attacks
- ❖ To avoid hypothermia or frostbite go to shelter or safe haven during power outages
- ❖ Use alternative heating sources with caution
- ❖ Be aware of excessive snow accumulation on roofs
- ❖ Keep your car gas tank full
- ❖ Dress warmly

SHELTER IN PLACE

If you are not directed or forced to evacuate your home, your best plan of action may be to “**Shelter in Place**,” which simply means hunker down and stay at home. Here are some suggestions to prepare for an extended stay in your home, possibly without electricity or other comforts.

- ❖ Securely seal your bathtub and fill it with water. If you do not have a tub, fill a large bin or buckets. A bucket of water poured into the toilet will cause it to flush automatically.
- ❖ If you have adequate notice of a potentially disastrous event, top up your vehicle's gas tank.
- ❖ Have cash or travelers checks on hand. ATMs and stores may not be able to process your credit or debit cards.
- ❖ Have at least a 3 day supply of nonperishable food stuffs. Peanut butter, crackers, MREs, granola/breakfast bars, etc. Be sure to have a manually operated can opener.
- ❖ Have an alternative light source to candles, such as lanterns, flashlight, etc.

Candles can create hazardous situations.

- ❖ Have a battery or crank radio so you can keep informed of local situations.
- ❖ Know how to turn off your main power source (breaker box) and water main.
- ❖ Notify someone if you are without electrical power or heat or air conditioning (family, friend, health care worker). If your phone does not work, speak in person with a neighbor if it is safe outside and you are able to do so.
- ❖ Make copies of important documents such as insurance policies, wills, deeds, power of attorney, social security info, tax records, etc. and store them in a waterproof container. In case of a large scale disaster, 9-1-1 personnel may not be able to answer or respond to your call right away. Always have an alternate course of action.

FIRE

* Call 911 from outside your home *

- ❖ Test your smoke detector and install a fresh battery at least once per year.
- ❖ Sleep with your bedroom door closed.
- ❖ If your smoke detector goes off get out of the house immediately. Call 9-1-1.
- ❖ While exiting during a fire, feel any closed interior door before opening it.
If it feels HOT, DO NOT OPEN IT, find another way to exit if possible.
- ❖ When exiting a burning or smokey building drop to the floor and crawl.
- ❖ If your clothes catch fire, stop, drop to the ground and roll to extinguish the flames.
- ❖ If you are in a wheelchair, are immobile or cannot get out of your house, stay on the floor near a window and call for help.

***** **IMPORTANT PHONE NUMBERS** *****

Any Medical or Fire Emergency-----911

Mansfield Police Department-----860-429-6024

Connecticut State Police-----860-896-3200

Red Cross-----1-877-287-3327

Eversource (formerly Connecticut Light & Power)-----1-800-286-2000

My Primary Care Doctor _____

My Dentist _____

My Pharmacy _____

My Hospital of Choice _____

The Mansfield Commission on Aging would like to thank
The Jensen's Emergency Preparedness Committee,
who originally prepared this disaster preparedness booklet for residents of
their community. Updates have been made to the original booklet for use
by the general public.