

Regional

EMERGENCY

Preparedness Guide

2011

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Emergency Contacts

Family Numbers

Name.....
Work.....
Home.....
Cell.....
Name.....
Work.....
Home.....
Cell.....

Utilities

Electric.....
Gas.....
Water.....
Telephone.....
Cable TV/Internet.....

School

Address.....
Phone.....

Other

Address.....
Phone.....

Other

Address.....
Phone.....

Additional Important Information

Doctors.....
.....
.....
Pharmacist.....
Medical Insurance.....
Local Health Department/District.....
Veterinarian.....

Home/Rental Insurance

Name.....
Phone.....
Policy #.....

Local Contact

Name.....
City.....
State.....
Home.....
Cell.....

Next of Kin

Name.....
City.....
State.....
Home.....
Cell.....

Out of Area Contact

Name.....
City.....
State.....
Home.....
Cell.....

Police.....

Fire.....

Ambulance.....

Poison Control.....

Animal Control.....

Public Works.....

Know What To Do

Write down where your family spends the most time: work, school and other places you frequent. Schools, day-care providers, workplaces and multi-family dwellings should all have site-specific emergency plans. Learn about the emergency response plans of your local municipality, including your local health department or health district. Radio and television stations often provide the best source of timely and accurate information during an emergency.

Information courtesy of the Department of Emergency Management and Homeland Security,
www.ct.gov/demhs/site/default.asp

Emergency Information: CITY OF GROTON

Important Contacts

Philip H. Tuthill
Emergency Management Director
860-446-4191 or 860-446-4103

City of Groton Police Department
860-445-2451

Emergency Shelters

West Side Middle School
250 Brandegee Ave., Groton, CT 06340
860-449-5630

City of Groton Municipal Building
295 Meridian St., Groton, CT 06340
860-446-4103

The use of emergency shelters will depend on the cause of the emergency. An emergency preparation kit should include daily medication and assistive devices, blankets, pillows, a change of clothing and any other personal items to make your stay comfortable.

Escape Routes

The City of Groton has three evacuation routes that all lead north.

- Eastern Point Road to Thames Street to Route 1 to Route 12
- Eastern Point Road to Benham Road to Route 349 North to I-95
- Shennecossett Road to Thomas Road to Route 1

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and uphill to higher ground to escape shoreline flooding.

Animal Control

In the event of evacuation, pets may be taken to shelters in the Town of Groton.

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a pet carrier or crate, and emergency supplies for the pet, including medications, leashes and collars, bedding, toys.

Senior Citizens

There is a Senior Center located on Route 117, next to the Town Library. For more information, call 860-441-6785.

People with Disabilities

The City of Groton has a Special Needs registry for anyone with disabilities or requiring special assistance. For inclusion, contact the City of Groton Police Department.

Wellness Checks

Residents should make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

The City of Groton has two local marinas. Boat owners should use discretion during times of storms or emergencies.

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property before the storm comes.

We Can't Alert You If We Can't Reach You

Residents and business owners should register their cellular, broadband and unlisted telephone numbers, email addresses and text message devices with CT-ALERT, Connecticut's statewide emergency notification system. If an emergency strikes we will be able to tell you what is happening and what you may have to do. More information on this valuable and free service can be found on our website. Register today at www.ctalert.gov.

Always remain aware of weather developments. Most dangerous and damaging storms are forecasted well in advance. You are responsible for your family's safety. Get a kit, make a plan and become informed.

Emergency Information: TOWN OF GROTON

Important Contacts

Groton Office of Emergency Management
68 Groton Long Point Road, Groton CT 06340

Director Joe Sastre
860-441-6775
jsastre@town.groton.ct.us

Deputy Director Jeff Williams
860-441-6757
jwilliams@town.groton.ct.us
24 hour: 860-445-2000

We are on the web

Check out our Facebook page and receive periodic updates from our office. A link to our emergency management website pages can be found on the town's website at www.town.groton.ct.us. We post severe weather information on Groton Municipal Television on Channel 2.

Emergency Shelters

The location of emergency shelters will vary depending on the emergency. Shelter locations will be announced when they open. If you must relocate to an emergency shelter, bring several days of any needed medications with you. If you require assistive devices, bring them with you to the shelter, if possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and uphill to higher ground to escape shoreline flooding.

Animal Control

While residents can bring family pets with them to our shelters, it is always a better option to arrange for temporary

housing for you and your pet with a friend or family member before an emergency strikes.

Please be sure to create an emergency evacuation kit for your pet as well to include food, favorite toys and comfort items.

Senior Citizens

There is a Senior Center located at 102 Newtown Road. For more information, call 860-441-6785.

People with Disabilities

People with special needs should register with the town's Office of Emergency Management. See contact details at left.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

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How Much Does Flood Insurance Cost?

According to FEMA, the average homeowners flood insurance premium is approximately \$500 a year. Premiums for flood insurance will vary depending on risk level for a flood loss, the amount of coverage chosen, the type of coverage needed, and the preferred deductible. Different deductibles for building property and personal property coverage may be available. The deductibles will apply separately to building property and personal property claims. Additionally, mortgage companies can require that a flood insurance deductible is no more than a certain amount.

Purchasing Flood Insurance

Flood insurance can be purchased for a home or business regardless of whether the property is in a floodplain. Contact an insurance agent or company to find out if the local community participates in the NFIP. Also visit www.floodsmart.gov to get more information about flood risk by location. Flood insurance has a waiting period, so it is very important to plan ahead. A flood insurance policy normally will not go into effect until 30 days after purchase.

Additional Tips

Make a home inventory — a record of personal property, such as clothes, jewelry, furniture, computers and audio/video equipment. Photos and video of the home, as well as sales receipts and the model and serial numbers of items, will make filing a claim simpler. In addition, add insurance

information to the inventory information; i.e. the name of the insurance company and agent, policy numbers and contact information.

Prepare An Evacuation Plan

If evacuation is required, turn off all utilities and disconnect appliances to reduce the chance of additional damage and electrical shock when utilities are restored. Move all important documents to a safe location. Take them along during an evacuation or store them in a safe deposit box outside the area. Have an emergency kit: Make sure the kit has bottled water, a first aid kit, flashlights, a battery-powered radio, nonperishable food items, blankets, clothing, prescription drugs, eyeglasses, personal hygiene supplies and a small amount of cash.

Protect property from loss

Take proactive steps to protect property from loss. Be sure there is no loose siding, or damaged or diseased trees growing over or near the home.

More Information

Connecticut consumers with questions about any insurance issue are encouraged to call the Connecticut Insurance Department at 800-203-3447 or 860-297-3900 for assistance. For more information about flood insurance, visit the NFIP website at www.floodsmart.gov.

Information courtesy of Connecticut Department of Emergency Management and Homeland Security.

Are You Knee-Deep In Water?

So dry, so fast, you can't believe it happened!

Many things can cause your home to suddenly be damaged by water. Flooding from heavy rains can be a problem. Rivers or creeks can overflow. Grounds that are saturated from previous rains can cause water to seep in through cracks in the foundation, affecting basements and lower level recreation rooms.

Household appliances can cause problems. Washing machines, dehumidifiers, dishwashers, hot water heaters or air-conditioners can all malfunction and cause damage from water. Accidents and negligence can be a cause. It is not uncommon to accidentally leave a sink or bathtub faucet running and walk away, or a toilet can overflow.

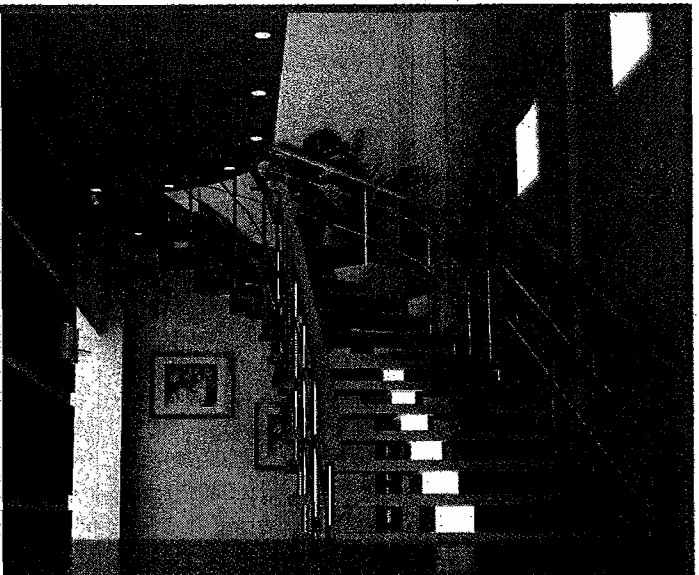
Cold winters and frozen pipes are also a prime cause. When pipes freeze they split and crack.

Fast action is needed. Our trained, certified technicians can use our specially designed equipment to resolve your problems.



860-892-1357

www.MasterCareCorp.com



Call Us Today!

We Can:

- Dry Out & Restore Your Hardwood & Tile Floors
- Dry Out & Restore Your Ceilings & Walls
- Dry Out & Restore Your Carpets & Upholstery

Emergency Information:

EAST LYME

Important Contacts

Pearl I. Rathbun
Emergency Management Director
860-739-4434

Richard E. Morris
Public Safety Director/Fire Marshal
860-739-2420

Emergency Shelters

East Lyme Community Center, 37 Society Road
East Lyme Middle School, 31 Society Road
East Lyme High School, 30 Chesterfield Road

If you take prescription medications, make sure you always have several days worth on hand at all times. If you must re-locate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you if possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and uphill to higher ground to escape shoreline flooding.

Animal Control

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a carrier or crate and emergency supplies for the pet, including medications, leashes and collars, bedding, toys and food.

Senior Citizens

Senior citizens should contact East Lyme Senior Services for specific resources. Seniors who need special help during an emergency can register their needs with the East Lyme Office of Emergency Management by calling 860-739-4434.

People with Disabilities

People with special needs should register their needs with the Office of Emergency Management. See contact details at left.

Wellness Checks

East Lyme emergency management recommends that residents arrange for a relative or neighbor to check on them after an emergency.

Watercraft

Those who own watercraft should follow the advice of their marina managers for securing and protecting their equipment. The time to make arrangements to protect your boat is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property.

Open Dialogue with Residents

The East Lyme emergency management staff strongly encourages all our residents to prepare for emergencies. Start by building a plan that includes knowing what you will need for specific emergencies, such as hurricanes, floods and hazardous materials spills. Be sure to prepare a disaster supplies kit. At minimum, the kit should include a battery-powered radio, flashlight, extra batteries, first aid kit and prescription medicines, three-day supply of water per person, nonperishable food items, and a list of important telephone numbers. Remember to review your plans and supplies kit at least once each year.

We Can't Alert You If We Can't Reach You

Residents and business owners should register their cellular, broadband and unlisted telephone numbers, email addresses and text message devices with CT-ALERT, Connecticut's statewide emergency notification system. If an emergency strikes we will be able to tell you what is happening and what you may have to do. More information on this free service can be found on our website.

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Get More Information

Government Sites

Be Ready Campaign www.ready.gov
 Agency for Toxic Substances
 and Disease Registry www.atsdr.cdc.gov
 Centers for Disease Control and Prevention www.cdc.gov
 Citizen Corps www.citizencorps.gov
 Department of Commerce www.doc.gov
 Department of Education www.ed.gov
 Department of Energy www.energy.gov
 Department of Health and
 Human Services www.hhs.gov/disasters
 Department of Homeland Security www.dhs.gov
 Department of Interior www.doi.gov
 Department of Justice www.justice.gov
 Environmental Protection Agency www.epa.gov
 Federal Emergency Management Agency www.fema.gov
 Food and Drug Administration www.fda.gov
 National Oceanic and
 Atmospheric Administration www.noaa.gov
 National Weather Service www.nws.noaa.gov
 Nuclear Regulatory Commission www.nrc.gov
 The Critical Infrastructure
 Assurance Office www.ciao.gov
 The White House www.whitehouse.gov/response

U.S. Department of Agriculture www.usda.gov
 U.S. Fire Administration www.usfa.fema.gov
 U.S. Fire Administration
 Kids Page www.usfa.fema.gov/kids
 U.S. Geological Survey www.usgs.gov
 U.S. Office of
 Personnel Management www.opm.gov/emergency
 U.S. Postal Service www.usps.gov
 USDA Forest Service
 Southern Research Station www.wildfi.reprograms.com

Non-Government Sites

American Red Cross www.redcross.org
 Institute for Business and Home Safety www.ibhs.org
 National Fire Protection Association www.nfpa.org
 National Mass Fatalities Institute www.nmfi.org
 National Safety
 Compliance www.osha-safety-training.net
 The Middle East
 Seismological Forum www.meieisforum.net
 The Pan American
 Health Organization www.disaster-info.net/SUMA

Information courtesy of www.fema.gov

ARE YOU PREPARED?

What would you do if a hurricane or tornado hit your town tomorrow? Do you have 3 days worth of food and supplies? Do you have a list of your medications? Does your family have designated emergency meeting places?

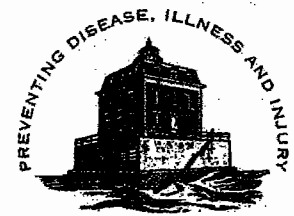
Ledge Light Health District and the Medical Reserve Corps (MRC) are working together to educate the community about emergency preparedness and disease prevention.

If you are interested in helping your community prevent disease and assisting during emergencies, the MRC could use your help. No medical experience is necessary.

For more information on the MRC or how to prepare for an emergency, please visit www.ledgerlighthd.org.

Ledge Light Health District

*Let's plan, prepare and be ready in case of any emergency
 or if natural disaster should suddenly strike ...*



Ledge Light Health District

Providing public health services to the citizens of:

East Lyme
 Groton
 Ledyard
 Lyme
 Old Lyme
 New London
 North Stonington
 Stonington
 Waterford

216 Broad Street
 New London, CT • 860-448-4882



Emergency Information: LEDYARD

Important Contacts

Emergencies: 911

Non-emergencies: Town Hall, 860-464-8740

Emergency Shelters

The town's emergency shelter is Ledyard High School, 24 Gallup Hill Road, Ledyard. Information regarding the opening of the shelter will be announced by the town when applicable to local media and the State Emergency Alerting and Notification system.

Escape Routes

Emergency specific evacuation routes will be provided by the town to the local media. For those living in the Millstone Emergency Planning Zone, refer to the Millstone booklet mailed to your home or pages 2 and 3 of the yellow pages.

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along waterways should identify roads that lead inland and uphill to higher ground to escape flooding.

Animal Control

Information is available on the Town of Ledyard website at www.town.ledyard.ct.us or by calling the Animal Control Officer at 860-464-9621.

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a carrier or crate, and emergency supplies for the pet including medications, leashes and collars, bedding, toys and food.

Senior Citizens

Service information is available on the Town of Ledyard website at www.town.ledyard.ct.us under Health and Human Services - Seniors Center or by calling the center at 860-464-0471.

People with Disabilities

Information is available from the Ledyard Visiting Nurses Association at 860-464-8464.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

Open Dialogue with Residents

Each resident of the town is encouraged to register on the Emergency Alerting and Notification System to receive important emergency information by email, cell phone or home phone. This can be done on the state's Department of Emergency Management and Homeland Security website at www.ctalert.gov.

Those residents living within the Millstone Emergency Planning Zone may receive potassium iodide (KI tablets) to keep at home for family members. Specifics regarding the use of KI will be provided when the tablets are picked up. Contact the Ledyard VNA at 860-464-8464 for additional information. Proof of residency is required.

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Emergency Information:

MONTVILLE

Important Contacts

Montville Office of Emergency Management
310 Norwich-New London Turnpike
860-848-1417

Emergency Shelters

Montville High School
800 Old Colchester Road

Leonard J. Tyl Middle School
166 Chesterfield Road

The location of emergency shelters will vary depending on the emergency. Our emergency shelters are open and accessible to all. If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter if possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

In the event of a nuclear emergency, escape routes can be found in the telephone book.

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the waterways should identify roads that lead inland and up hill to higher ground to escape flooding.

Animal Control

Pets can be brought to the shelter at Montville High School. Pets must be in a cage or crate.

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations and emergency supplies for the pet, including medications, leashes and collars, bedding, toys, and food.

Senior Citizens

There is a Senior Center located at 12 Maple Ave., Uncasville. For more information, call 860-848-0422.

People with Disabilities & Wellness Checks

People with special needs should register with the Office of Emergency Management.

Watercraft

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

Open Dialogue with Residents

Residents must be prepared in case of an emergency. There are many safety tips located on www.ready.gov for a number of emergencies. Be prepared — we might not be able to respond to you in the first 24 hours of a catastrophic event.

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Emergency Information: NEW LONDON

Important Contacts

New London City Hall
181 State St.
860-447-5201

Fire Department
289 Bank St.
860-447-5291

New London Police Department
5 Governor Winthrop Blvd.
860-447-5282

Emergency Shelter

The city's emergency shelter is located at the Richard Martin Center, 120 Broad St. and is operated in cooperation with the American Red Cross.

If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter, if possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and uphill to higher ground to escape shoreline flooding.

Animal Control

Questions regarding animals should be directed to the New London Police Department's Animal Control Officer at 860-447-5282.

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a carrier or crate, and emergency supplies for the pet including medications, leashes and collars, bedding and food.

Senior Citizens

The Senior Citizen Center is located at the Richard R. Martin Center, 120 Broad St.

People with Disabilities

People with special needs should register with the Office of Emergency Management.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

Mariners should stay tuned to local radio for Emergency Broadcast Messages regarding issues.

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

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Emergency Information: NORWICH

Important Contacts

Gene M. Arters

Director of Emergency Management & Homeland Security
860-887-1018

g-arters@sbcglobal.net

Emergency Shelters

The City of Norwich Office of Emergency Management & Homeland Security maintains 17 emergency shelters which includes one for persons with disabilities.

The primary shelters are Kelly Middle School, Mahan Drive; Teacher's Memorial Middle School, Teacher's Drive; Uncas Elementary School, 280 Elizabeth Street; and the John Moriarty School, 20 Lawler Lane.

If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter if possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Routes 12, 32 and 395.

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood.

Animal Control

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a carrier or crate, and emergency supplies for the pet, including medications, leashes and collars, bedding, toys, and food.

Senior Citizens

The Rose City Senior Center, 8 Mahan Drive, is the designated shelter for our senior citizens.

People with Disabilities

The Rose City Senior Center, 8 Mahan Drive, is the designated shelter for our persons with disabilities.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well-being.

Watercraft

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

Open Dialogue with Residents

The City of Norwich Office of Emergency Management & Homeland Security invites you to visit our website at www.cityofnorwich.org and click on the link for Emergency Management for detailed information and resources for planning and preparing for emergencies.

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Emergency Information:

OLD LYME

Important Contacts

David W. Roberge
EM Director
860-434-1605 ext. 231

Emergency Shelters

Lyme-Old Lyme Middle School
53 Lyme St.
860-434-2568

Additional or alternate shelters will be identified when, and if, the needs arise. If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter, if possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and up hill to higher ground to escape shoreline flooding.

Animal Control

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a carrier or crate and emergency supplies for the pet, including medications, leashes and collars, bedding, toys, and food.

Senior Citizens

Contact the emergency management office to identify needs. Pre-registration is available at Old Lyme Town Hall.

People with Disabilities

Persons with special needs should contact the emergency management office to identify their needs. A registry is available at Old Lyme Town Hall.

Wellness Checks

Residents should contact the Emergency Management Department or Selectman's office to request assistance.

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

Be aware of changing weather conditions. Plan to secure your vessel early before an approaching storm.

Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

Open Dialogue with Residents

Pre-storm planning information is available on the town website, www.oldlyme-ct.gov/pages/index.

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Emergency Information: STONINGTON

Important Contacts

George Brennan
Emergency Management Director
860-884-3995

Edward Haberek, Jr.
First Selectman
860-535-5050

Darren Stewart
Chief of Police
860-599-4411

Joe Bragaw
Director of Public Works
860-535-5055

Emergency Shelters

Stonington High School
176 S. Broad St.

If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter, if possible. You should also bring blankets, pillows, a change of clothing and whatever other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and up hill to higher ground to escape shoreline flooding.

Please watch the town's website www.stonington-ct.gov for updated routes.

Animal Control

Animals can be sheltered in vehicles at the shelter. We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets, make certain to bring along proof of vaccinations, a carrier or crate, and emergency supplies for the pet, including medications, leashes and collars, bedding, toys, and food.

Senior Citizens

Stonington High School
176 S. Broad St.

People with Disabilities

Residents are directed to go to the shelter listed above. If residents have serious medical disabilities, the shelter is not equipped to handle them. It is recommended that people with serious medical disabilities make alternative plans.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

People should plan to have their vessels removed from the water or taken to a safe harbor before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

Open Dialogue with Residents

The best emergency contact numbers are 860-535-5050 and 860-535-5055. Go onto the Town of Stonington's website under the Police Department and adhere to the safety and security notices. There is also information on the website under Emergency Management. If you are experiencing an emergency, please call 911.

We Can't Alert You If We Can't Reach You

Residents and business owners should register their cellular, broadband and unlisted telephone numbers, email addresses and text message devices with CT-ALERT, Connecticut's statewide emergency notification system. If an emergency strikes we will be able to tell you what is happening and what you may have to do. More information on this free service can be found on our website.

Register today at www.ctalert.gov.

Always remain aware of weather developments: Most dangerous and damaging storms are forecasted well in advance. You are responsible for your family's safety. Get a kit, make a plan and become informed.

Emergency Information: NORTH STONINGTON

Important Contacts

Marc Tate
Director of Emergency Management
860-535-2877 ext. 33

Emergency Shelters

North Stonington Elementary School
297 Norwich-Westerly Road

If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter, if possible. You should also bring blankets, pillows, a change of clothing and whatever other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along waterways should identify roads that lead inland and up hill to higher ground to escape flooding.

Animal Control

The town does not have an animal shelter for emergency events. We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets, make certain to bring along proof of vaccinations, a carrier or crate, and emergency supplies for the pet, including medications, leashes and collars, bedding, toys, and food.

Senior Citizens

The Senior Center is a backup shelter and open during heat-related events. It is located at 391 Norwich-Westerly Road, North Stonington and can be contacted at 860-535-8188. The Pawcatuck Neighborhood Center handles Social Services for the town and is located at 27 Chase Street, Pawcatuck. The phone number is 860-599-3285.

People with Disabilities

See previous listing.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

For more information, there is a link on the main page of the town's website, www.northstoningtonct.gov.

Watercraft

People should plan to have their vessels removed from the water or taken to a safe harbor before inclement weather approaches, not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

Open Dialogue with Residents

The town website, www.northstoningtonct.gov, will be updated during an event with the latest instructions and information. The town's EOC will be opened during a major event and can be reached at the Town Hall phone number of 860-535-2877 ext. 33.

We Can't Alert You If We Can't Reach You

Residents and business owners should register their cellular, broadband and unlisted telephone numbers, email addresses and text message devices with CT-ALERT, Connecticut's statewide emergency notification system. If an emergency strikes we will be able to tell you what is happening and what you may have to do. More information on this free service can be found on our website.

Register today at www.ctalert.gov.

Always remain aware of weather developments: Most dangerous and damaging storms are forecasted well in advance. You are responsible for your family's safety. Get a kit, make a plan and become informed.

Emergency Information: WATERFORD

Important Contacts

Murray Pendleton
Emergency Management Director
860-442-9451

Karen Ferrara
Administrative Officer, EM
860-442-9585

Emergency Shelters

The primary shelters are the 5 Fire Departments:
Jordan Fire Department, 89 Rope Ferry Road
Cohanzie Fire Department, 53 Dayton Road
Goshen Fire Department, 63 Goshen Road
Oswegatchie Fire Department, 441 Boston Post Road
Quaker Hill Fire Department, 17 Old Colchester Road

A secondary shelter is at the Waterford Community Center, 24 Rope Ferry Road.

Our emergency shelters are open and accessible to all. If you take prescription medications, make sure you always have several days worth of medications on hand at all times. If you must relocate to an emergency shelter, bring any needed medications with you. If you require assistive devices, bring them with you to the shelter if at all possible. You should also bring blankets, pillows, a change of clothing and any other personal items you may need to make your stay in the shelter more comfortable.

Escape Routes

Your escape route from your neighborhood may change depending on the emergency. You should be familiar with alternate routes in to and out of your neighborhood. Those living along the shoreline should identify roads that lead inland and up hill to higher ground to escape shoreline flooding.

See pages 2 & 3 of the yellow pages in the telephone book.

Animal Control

To contact the Waterford/East Lyme Animal Control Officer, call the Dispatch Center at 860-442-9451.

We encourage people who have pets to make prior arrangements with family, friends or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a carrier or crate, and emergency supplies for the pet, including medications, leashes and collars, bedding, toys, and food.

Senior Citizens

Contact Senior Services Director, Sally Ritchie at the Community Center, 860-444-5884.

People with Disabilities

People with special needs should complete a special needs form. They are available by calling Emergency Management at 860-442-9585.

Wellness Checks

Please make arrangements for a relative, friend or service providers, such as visiting nurses, to provide periodic checks. If you are unable to be reached, emergency personnel will be dispatched to check on your well being.

Watercraft

If your boat is in the water, the time to make arrangements to protect it is before inclement weather approaches not during the storm. Never risk your life to save a boat or any other property. Do some research and find out how to protect your property now before the storm comes.

In cases of tropical weather, all moorings should have prior inspection to ensure they are safe. Removing the watercraft from the water should be considered and if not possible extra lines should be affixed to the boat. Questions for Harbor Management should be directed to the Police Department, Chief Pendleton.

We Can't Alert You If We Can't Reach You

Residents and business owners should register their cellular, broadband and unlisted telephone numbers, email addresses and text message devices with CT-ALERT, Connecticut's statewide emergency notification system. If an emergency strikes we will be able to tell you what is happening and what you may have to do. More information on this free service can be found on our website.

Register today at www.ctalert.gov.

Always remain aware of weather developments: Most dangerous and damaging storms are forecasted well in advance. You are responsible for your family's safety. Get a kit, make a plan and become informed.

EMERGENCY CHECKLIST

Educate Yourself and Your Family

- Identify and understand your surroundings, including potentially dangerous weather conditions, flood plains, chemical facilities, nuclear plants, etc.
- Have a place to go — a home of a family member or friend, motel or shelter in case you are asked to evacuate your home or your community.
- Learn the disaster plans at your place of work and your child's school or daycare center.

In The Event Of A Nuclear Emergency

Residents living within the 10-mile area around Millstone Nuclear Power Plant in Waterford, which includes parts of: East Lyme, Groton City, Groton Town, Ledyard, Lyme, Montville, New London, Old Lyme, Waterford, can download a nuclear emergency planning guide at www.ct.gov/demhs/lib/demhs/rept/safety_planning_info_millstone.pdf

Create An Emergency Communication Plan

- Identify safe places in your home in case you must **TAKE SHELTER***.
- Identify two different routes to get out of the house in case you must **EVACUATE****.
- Pick one place *in* your neighborhood that can be a meeting point for your family.
- Pick one place *outside* of your neighborhood that can be a meeting point for your family.
- Identify two contacts (one local, one out-of-state) that the members of your family can contact in case of separation.
- Include information to keep your pets safe in the event of a disaster or emergency.
- Know how to turn off electricity, gas and water within your home.
- Make sure everyone knows the plan.

Make An Emergency Supply Kit

A disaster of any kind may interfere with normal supplies of food, water, heat and day-to-day necessities. It is important to keep a stock of emergency supplies on hand sufficient to meet your family's needs for a three-day period. Although you may not be in an area directly impacted by a disaster, utilities and other services may be affected. This kit may be used if you are advised to stay at home during an emergency or advised to evacuate.

AN EMERGENCY SUPPLY KIT SHOULD INCLUDE:

- Enclose this preparedness guide in your supply kit.
- A three-day supply of water. Or at least one gallon per

person per day — more for children and nursing mothers, as well as during hot summer months.

- Food for at least three days — canned/sealed packaged foods and juices that do not require refrigeration or cooking. Foods for infants or the elderly.
- Non-electric can opener, cooking tools and fuel, paper plates and plastic utensils.
- Paper towels, toilet paper, soap.
- Battery-powered radio, flashlights and cell phone, with extra batteries.
- Blanket/sleeping bag, pillows for each member of the family, a change of clothing.
- Baby and children's items (diapers, games, toys and books).
- First-aid kit. Prescription and non-prescription medications your family needs, eye glasses and contact lens supplies.
- List of family physicians.
- Pet care items — picture of your pet, immunization records, food and water, a carrier or cage, medications, muzzle, ID collar and leash.
- Extra set of car keys, credit cards, cash and important documents and information, such as social security numbers and birth certificates.
- Vehicle fuel tanks filled; oil and windshield wiper fluid should be checked.
- Plastic and duct tape (see chemical emergencies).
- Refresh your kit regularly, checking expiration dates.

*Take Shelter

If you are located in an area that has been advised to *Take Shelter*, do the following:

- If driving, close windows and/or vents and turn off the air conditioner or heater. Go home or to a public building.
- Go inside and close all windows and doors.
- Turn off all devices that draw outside air.
- Extinguish stove or fireplace fires and close flues when possible.
- Keep pets indoors.
- Do not use the telephone. Keep phone lines open for emergency personnel.
- Continue to monitor your local EAS radio or TV stations.
- If you know of neighbors or co-workers with language or hearing difficulties, inform them of the situation.

**Evacuate

If you are located in an area that has been advised to *Evacuate*, please be aware that state and local plans were developed

Emergency Checklist Continued

From 13

and are in place to assure your safety. Each community within the 10-mile radius of the nuclear power facility has been assigned to one of five Connecticut communities pre-designated as a Host Community. These Host Communities have agreed to receive and shelter individuals who have been told to evacuate their homes or the area. When directed to evacuate, do the following:

- Gather household members together
- Grab your emergency supply kit

Also pack the following items, as necessary:

- clothing, money, credit cards, checkbook
 - prescription medicine or special medical equipment and potassium iodide (KI), if is on hand
 - additional toiletries
 - diapers, bottles, milk/baby formula
 - identification and important personal papers
 - portable radio, flashlight, batteries
- Close and lock all windows and doors.
 - Turn off devices that draw outside air.
 - Turn off lights and electrical appliances (except refrigerator and freezer).
 - Since pets cannot be brought to Red Cross Shelters, try to

make other arrangements, such as staying with family or friends. Some hotels or motels waive "no pet" provisions during an emergency. If you must leave your pet behind, make sure you leave plenty of food and water and your pet's favorite toys and bedding.

- See if your neighbors need a ride. Carpool if necessary.
- Try not to use your telephone. Keep phone lines open for emergency personnel.
- Go to your assigned Host Community Reception Center. Evacuation routes are described on pages 2 and 3 of the yellow pages in those telephone directories within a 10-mile radius of Millstone. If you are not near a telephone book, the local Emergency Broadcast System (EAS), television or radio stations will be giving the instructions. Continue to listen to a local EAS radio station while you are in your vehicle.

Information courtesy of the Connecticut Department of Emergency Management and Homeland Security located at 25 Sigourney St. 6th Floor, Hartford, CT 06106-5042.

Phone: (860) 256-0800

Toll-Free: (800) 397-8876

Fax: (860) 256-0815

Call our Tips Line: (866) HLS-TIPS or (866) 457-8477

www.ct.gov/demhs/site/default.asp

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EMERGENCY PREPAREDNESS GUIDE

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NORTH STONINGTON HEALTH CENTER
*Urgent Care, Primary Care, Radiology/Lab Services,
Physical Therapy, Sports Performance Center, Specialty
Care (Endocrinology, Gastroenterology, OB/GYN)*
183 Providence-New London Turnpike
North Stonington, CT
(860) 535-CARE (2273)
www.NorthStoningtonHealthCenter.org

THE WESTERLY HOSPITAL
*Community hospital offering Medical, Surgical,
Rehabilitative, Emergency Care, Radiology/Lab
Services, Pain Management Clinic*
25 Wells Street
Westerly, RI
(800) 933-5960
www.WesterlyHospital.org

You can also find a physician at
www.WesterlyHospital.org or by calling
1-800-MD-MATCH (636-2824)

0329539

THUNDERSTORM PREPAREDNESS

- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- If you can hear thunder, you are close enough to be in danger of lightning strikes.
- If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

HURRICANE PREPAREDNESS

- Listen to NOAA Weather Radio for critical information from the National Weather Service (NWS).
- Check your emergency supply kit and replace or restock as needed.
- Bring in anything that can be picked up by the wind (bicycles, lawn furniture, etc).
- Close windows, doors and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tanks and unplug small appliances.
- Fill your car's gas tank.
- Talk with members of your household and create an evacuation plan. Planning and practicing your evacuation plan minimizes confusion and fear during an emergency.
- Learn about your community's hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for your pets to be cared for.
- Evacuate if advised by authorities. Be careful to avoid flooded roads and washed out bridges.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S.

For more information on flood insurance, visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

POWER OUTAGE PREPAREDNESS

- Keep refrigerator and freezer doors closed as much as possible. An unopened refrigerator will keep foods cold for about 4 hours. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- First use perishable food from the refrigerator. Then use food from the freezer.
- Use your non-perishable foods and staples last.
- If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- Keep food in a dry, cool spot and keep it covered at all times.

Electrical equipment

- Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- Leave one light turned on so you'll know when the power comes back on.
- Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

Using generators safely

- When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
- If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.

For more information on disaster and emergency preparedness, visit RedCross.org. Information courtesy of American National Red Cross.