

Emergency PREPAREDNESS GUIDE

Be aware. Be prepared.



**A message from First Selectman
Bill Brennan**



Be aware. Be prepared.

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

Dear Wilton Residents:

Today we live in a much different world – one where a major health crisis or terrorist event is no longer beyond the realm of possibility – anywhere.

To be better prepared for all possible threats, whether from natural causes or man made, town officials have placed a priority on emergency preparations and training. I am asking each family in Wilton to do the same.

Featured in this Emergency Preparedness Guide, you will find steps that you and your family can take now to prepare for a wide variety of emergencies. Please read this guide and create a family emergency plan. It is also vitally important for each household to put together emergency supplies – NOW!

On the back cover of this guide is a consolidated listing of important emergency contact information. Please **SAVE THIS GUIDE** and the enclosed Northeast Utilities System booklet on storms and power outages. There is a wealth of emergency information in both guides that will help you and your family to be prepared for any emergency. For quick reference, please keep this information handy.

While we hope and pray we will never have a major disaster in Wilton, being prepared in advance will greatly reduce the impact of any event and ensure the future safety and security of our families.

Sincerely,

A handwritten signature in black ink that reads "Bill Brennan". The signature is written in a cursive, flowing style.

William F. Brennan
First Selectman



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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.

Think About

- People
 - Create a chart listing the people your plan will protect (see example on page 5).
 - Consider age and special needs, such as diapers for a baby or medications for those who need them.
 - Note any special skill people have that could be helpful, such as being certified to perform CPR.
- Pets

Pets aren't generally allowed in public shelters, so plan in advance where you can take your pet in case you have to evacuate. For example:

 - Look into boarding facilities that will take pets in an emergency.
 - Ask friends or relatives who live in a different community if they will shelter your pets.
- Emergency Supplies

Stocking non-perishable food and water is essential. You'll need enough to last **at least three days**. You'll also need some other supplies (see page 18 for lists).
- Money

If you have to evacuate, you may need fast access to cash. Keep some money with your emergency kit. Some emergencies could put cash machines out of order and cause banks to close.
- Family Documents

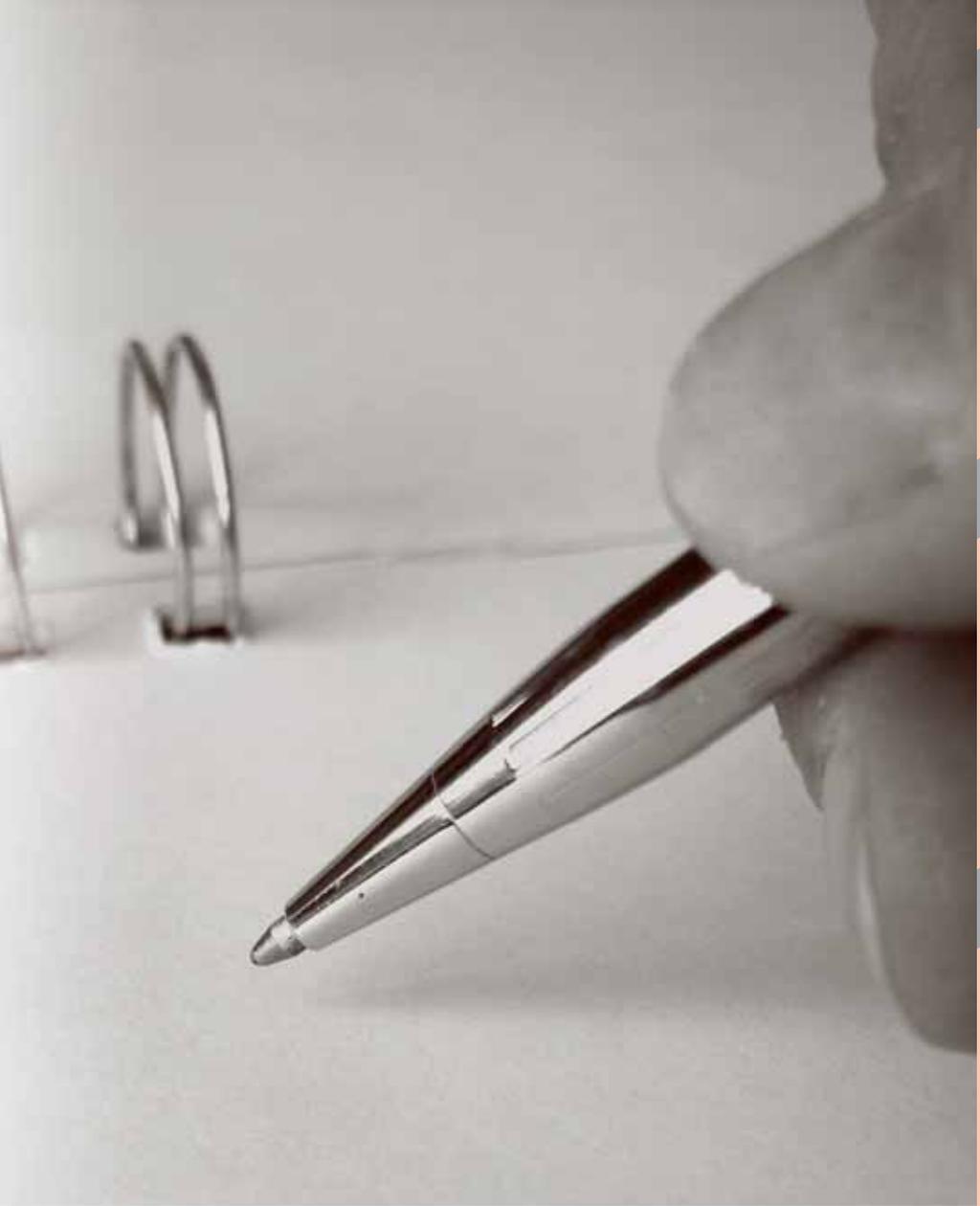
It's important to decide which financial and medical records you would need handy in an emergency (see page 18).
- Gas Masks and Antibiotics

Experts do not generally recommend gas masks. The odds of needing them are considered very low and using them can be dangerous if worn incorrectly or for too long.

Stockpiling antibiotics is also considered unnecessary. Never take antibiotics – or give them to someone else – unless a qualified healthcare provider tells you to do so for a specific condition.

When it comes to emergency preparedness, follow advice only from reliable sources (see back cover) – and use your best judgment.

IT'S TIME TO PREPARE



Example:

Name	Age	Special Needs	Daily Location	Other Information
Jane	39	Acute asthma	Norwalk Hospital	Registered nurse Commutes daily to hospital

Create an Emergency Communication Plan

- Identify safe places in your home in case you must SHELTER IN PLACE.
- Identify two different routes to get out of the house in case you must EVACUATE.
- Identify a place for your family to meet in case you are separated at the time of a disaster or emergency.
- Pick one place in your neighborhood that can be a meeting point for your family.
- Pick one place outside your neighborhood that can be a meeting point for your family.
- Identify two people 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 (see page ¹⁸ for a list of supplies).

Determine Where to Go in an Emergency

Write down where your family spends the most time: work, school, etc. Schools, daycare centers, workplaces and multifamily dwellings should all have site-specific emergency plans. Radio and television stations often provide the best source of timely and accurate information during an emergency (see back cover for other emergency contact information).

Sign Up for Wilton's Urgent Notification E-mails

Register online at www.wiltonpolice.org

LET'S GET STARTED



People with Disabilities

- Create a support network to help in emergencies
- Tell others where you keep your emergency supplies
- Give one member of your support network a key to your house or apartment
- Wear medical alert tags or bracelets to help identify your disability
- Teach others how to operate necessary medical equipment
- Know the location and availability of more than one dialysis treatment facility (if applicable)

Children

Small children may need formula, diapers, bottles, medications, wipes, baby food, extra water, toys and books.

If an emergency occurs while your child is in school or daycare, local public safety, daycare and school officials have plans in place to provide for children's safety. Parents and guardians should become familiar with these emergency plans before an event occurs. (See page ⁹ – Wilton Schools Emergency Procedures.)

Seniors

Plan emergency procedures with home healthcare agencies or workers, tell others where emergency supplies are kept, teach others how to operate necessary medical equipment and label equipment such as wheelchairs, canes or walkers with your name.

Create an Emergency Health Information Card

- Communicates to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly evacuate you.
- Contains information about medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment, treatment medical providers and important contact people.

Create multiple copies of this card to keep in emergency supply kits, car, work, wallet (behind driver's license or primary identification card), wheelchair pack, etc.

For a downloadable version of a health card, visit

www.dph.state.ct.us/bt/ready/card.pdf

Wilton Emergency Contact Registration Program

Contact Wilton Social Services to register. This program is directed to senior citizens, handicapped individuals and any resident with a special need.

EMERGENCY PLANNING FOR PERSONS WITH SPECIAL NEEDS



Wilton Schools Emergency Procedures

- When schools are in session and an evacuation is ordered during the school day, students will be evacuated as a class to the school's designated evacuation area.
- Parent instructions will be broadcast through the media listed on the back cover of this guide.
- Parents will be reunited with their children at the shelter site.
- Signs will be posted to indicate that the school has been evacuated.

What Should I Do?

- Remain calm and be patient.
- Follow the advice of town and state emergency officials.
- Check for injuries and get help for seriously injured people.
- Use ⁹¹¹ ONLY for life-threatening situations. It is very important to keep these lines open for those who need them.
- Secure your pets.
- Call your family contact. Do not use the phone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those who are elderly or disabled.

What Shouldn't I Do?

- Do NOT go to the hospital except in the case of a medical emergency.
- If you smell gas or think there may be a leak, do NOT light matches or turn electrical switches on or off.

What Do I Do When Told to Shelter in Place?

- Stay calm.
- Bring children and pets inside immediately.
- Close and lock all windows and outside doors.
- Turn off all ventilation systems that bring in outdoor air, including fans and air conditioners.
- If you have a fireplace, close the damper.
- Gather your emergency supply kit.
- Go to an interior room, ideally without windows.
- Shelter in place until you are told all is safe.

What Do I Do When Told to Evacuate?

If officials instruct you to evacuate, do so! Based on the circumstances, public officials will direct you to the safest evacuation routes and shelters, as well as provide other important information via TV and radio. If directed to evacuate, take your emergency supply kit. (See page ²² to develop your evacuation plan.)

What Is Meant by Quarantine and Isolation?

To contain the spread of a contagious illness, public health authorities rely on many strategies. Two of these strategies are quarantine and isolation. Both are common public health practices, aimed at controlling exposure to infected or potentially infected persons. These strategies may be undertaken voluntarily or compelled by local public health authorities.

AN EMERGENCY HAS BEEN DECLARED

Isolation applies to persons who are known to have a possibly contagious illness, whereas quarantine applies to those who have been exposed to a contagious illness and who may themselves become contagious but are not yet ill.

Monitor and Listen

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should monitor TV and radio, or check the Internet often for official news and information as it becomes available.



The Emergency Alert System

In Connecticut, we use the Emergency Alert System (EAS) during emergencies. When the decision is made to activate the EAS, original programming on TV or radio will be interrupted and an emergency message will be broadcast. It is important that you listen to these instructions and stay tuned for more information.

Before a Natural Disaster

- Make certain your emergency supply kit is refreshed, available and ready.
- Educate yourself about important weather terms:
 - A **severe storm watch** means that dangerous weather **may** develop.
 - A **severe weather warning** means a storm **has** developed and is on its way. Take cover or seek safe shelter **immediately**.
- Evacuate when and if instructed to do so by emergency officials.

During a Natural Disaster

- Seek shelter in an internal room or basement.
- Take your emergency supply kit.
- Monitor TV, radio and Internet reports for official instructions, including shelter locations, weather reports, etc.

After a Natural Disaster

- Make certain that family members are uninjured.
- DO NOT TOUCH downed power lines. Notify your local power company of the location of downed power lines.

Make a Winter Emergency Car Kit for Winter Traveling

Include the following:

- Blankets/sleeping bags
- Flashlight with extra batteries
- First aid kit
- Utility knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Sack of sand (or cat litter)
- Shovel
- Windshield scraper, brush and washer fluid
- Tool kit
- Tow rope
- Booster cables
- Water container
- Compass and roadmap

Power Outages

Please refer to the comprehensive Northeast Utilities System booklet included with this Emergency Preparedness Guide.



NATURAL DISASTERS AND SEVERE WEATHER EMERGENCIES



Blizzards

Weather forecasts often provide ample warning to prepare for an impending blizzard. In this event, candles, flashlights, a battery-operated radio, cellular telephones and, if possible, a generator are highly beneficial because electricity and telephone services may be disrupted for several days or weeks.

Flash Flooding

Move immediately and quickly to higher ground. The force of six inches of swiftly moving water can knock people off their feet! If floodwaters rise around your car, get out and move to higher ground immediately. Cars can be easily swept away in just two feet of moving water.

Hurricanes

A hurricane is a type of tropical cyclone, accompanied by thunderstorms and a counterclockwise circulation of winds near the earth's surface. A full-blown hurricane is defined as having sustained winds of ⁷⁵ mph or higher. The Atlantic hurricane season is June ¹ through November ³⁰.

If a hurricane warning is declared, take appropriate shelter and/or evacuation measures to protect lives and property.

Tornados

If you receive a tornado warning, seek shelter immediately. If you are in your car, stop. Get out and lie flat, face down in a low area. Cover your head and wait for the tornado to pass. At home, go to the basement, storm shelter or rooms near the center of the house. In a high-rise or other public building, move to the interior, preferably a stairwell or hallway.

BIOLOGICAL EMERGENCIES

A biological emergency can be the accidental or intentional release of organisms that can cause illness or disease in people. Protection during a biological event depends on the organisms being used. Some organisms, such as anthrax, cannot be passed from person to person. Others, such as smallpox, are contagious and require the isolation of ill persons and quarantine of those who were recently exposed.

Before a Declared Biological Emergency

- Make certain your emergency supply kit is refreshed, available and ready.

During a Declared Biological Emergency

- Monitor TV, radio and Internet reports for official instructions, including the signs and symptoms of the diseases, whether or not medications or vaccinations are being distributed, and where to seek medical attention.
- Follow the instructions of healthcare providers and public health officials.
- Exposed persons should receive medical evaluation and treatment:
Be prepared for long lines.
- If the disease is contagious, persons exposed may be quarantined.
- Use common sense and practice good hygiene and cleanliness to avoid spreading germs.

After a Biological Emergency

- Monitor TV, radio and Internet reports for official news, information and instructions.

CHEMICAL EMERGENCIES

A chemical emergency can be the deliberate or accidental release of a vapor, liquid or solid that poisons people and/or the environment.

The toxicity of chemicals varies greatly. Some are acutely toxic (cause immediate symptoms); others are not very toxic at all. Chemicals in liquid or vapor form generally lead to greater exposures than chemicals in solid form.

Taking protective measures before, during and after a chemical emergency could reduce the impact of a disaster on you and your family. Follow these simple guidelines:

Before a Chemical Emergency

- Make certain your emergency supply kit is refreshed, available and ready.
- Choose an internal room to shelter, preferably one without windows and on the highest level possible.

During a Chemical Emergency

- Close doors and windows.
- Turn off all ventilation systems that bring in outdoor air, including fans and air conditioners.
- Seek shelter in an internal room and take your emergency supply kit.
- Monitor TV, radio and Internet reports for official news, information and instructions.

BIOLOGICAL AND CHEMICAL EMERGENCIES

After a Chemical Emergency

- Wash with soap and water immediately if exposed to a chemical.
- Remove contaminated clothing.
- Seek medical attention if necessary.



In the event of a threat, public health officials may not immediately be able to provide information on what you should do. It may take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should monitor television and radio, or check the Internet for official news following the event to determine:

- The level of danger
- Where to get medications or vaccines if necessary
- What health effects may exist
- Where to go for medical help or shelter

What is a Nuclear or Radiological Emergency?

A radiological threat can include an emergency at a nuclear power plant, the use of a small nuclear weapon or the setting off of a "dirty bomb." A dirty bomb contains an explosive that would scatter radioactive material over a targeted area.

Before a Nuclear or Radiological Emergency

- Make certain your emergency supply kit is refreshed, available and ready.
- Do not take potassium iodide (KI) tablets unless specifically told by state officials. KI is NOT an anti-radiation pill. Take only when directed. One dose protects the thyroid for 24 hours.
- Listen to local media reports for information and instructions from state officials. (See page 23 and back cover for media information and contact data.)

During a Nuclear or Radiological Emergency

- Close all windows and doors. Turn off all ventilation systems that bring in outdoor air, including fans and air conditioners.
- Choose an underground or internal room to shelter, preferably one without windows.
- IF YOU ARE OUTDOORS: Seek indoor shelter in the nearest undamaged building.
- IF YOU ARE OUTDOORS WITHOUT AVAILABLE SAFE SHELTER: Move as rapidly as is safe upwind and away from the location of the incident.
- Increase the shielding between you and the radiation. For example, several feet of concrete can create a protective barrier between you and the radiation source.
- Listen to your radio or TV for further instructions.

After a Nuclear or Radiological Emergency

- Monitor TV, radio and Internet reports for official news, information and instructions.

Effective Ways to Deal with Children After an Emergency

- Encourage children to talk about their fears. Let them ask questions and describe how they're feeling. Talk together as a family about the event.
- Reassure them with love. Tell them they are safe. Hold and hug them frequently.
- Keep them informed, in simple language, about what is happening.
- Emphasize that they are not responsible for what is happening.
- Encourage them to return to school and discuss problems with teachers and to resume playing games, riding bikes and other such activities.



NUCLEAR AND RADIOLOGICAL EMERGENCIES



Emergency Supplies Checklist

- Water – at least 1 gallon a day per person for three to seven days
- Food – at least enough for three to seven days
 - Non-perishable packaged or canned food and juices
 - Foods for babies or the elderly
 - Snack foods
 - Non-electric can opener
 - Cooking tools and fuel
 - Paper plates and plastic utensils
- Blankets, pillows, sleeping bags, etc.
- Clothing
 - Seasonal
 - Rain gear
 - Sturdy shoes
- First aid kit, medicines, prescription drugs
- Special items for babies and the elderly
- Toiletries, hygiene items, moisture wipes
- Flashlight and batteries
- Radio (battery-operated)
- Cash (with some small bills)
- Keys
- Toys, books and games
- Important documents – insurance, medical records, bank account numbers, Social Security card, etc., should be kept in a waterproof container or watertight re-sealable plastic bag
- Tools – keep a set with you during the storm
- Plastic and duct tape
- Vehicle fuel tanks filled
- Gas grill or portable cook stove, fuel supply filled – use ONLY outdoors for cooking
- Pet care items
 - Proper identification, immunization records, medications
 - Ample supply of food and water
 - A carrier or cage
 - Muzzle and leash

PREPARE AN EMERGENCY SUPPLY KIT NOW



BE SURE TO HAVE:

Smoke Detectors

Always follow the manufacturer's instructions for proper installation, maintenance and testing. In general:

- Have at least one smoke detector for each level of your home (including the basement) and outside each sleeping area.
- Test each detector monthly.
- Replace all batteries once a year (or sooner, if power is low).

Fire Extinguishers

Always follow the manufacturer's instructions for proper installation, maintenance and use. In general:

- Keep at least one multipurpose (ABC) fire extinguisher handy. Install it near an escape path.
- Make sure everyone knows how to use it properly.

Carbon Monoxide (CO) Detectors

Always follow the manufacturer's instructions for proper installation, maintenance and testing. In general:

- Have at least one CO detector in your home. (Install CO detectors near sleeping areas.)
- Know the difference in alarm sounds between the CO detector(s) and your smoke detector(s).

CO detectors do not take the place of smoke detectors.

A Family Fire Escape Plan

- Have two escape paths from each room. Mark one as the primary exit, the other as the alternate. (Never use an elevator in a fire.)
- Make sure everyone in the home can easily unlock and open doors and windows used for escape. (Doors and windows with security bars must have quick-release devices if used for escape.) Designate a meeting place outside the home where the family can meet.
- Hold fire drills regularly (at least twice a year) to practice your plan.

In Case of Fire

- Have everyone leave the building. Then call 911.
- Fight the fire only if it's small and not spreading and you have a clear escape path.
- When in doubt, get out!

Respond to All Alarms

Train your family to treat all alarms seriously.

Safety measures should be followed even when you know it's a drill.

MAKE YOUR HOME AS SAFE AS POSSIBLE



Evacuation orders are issued by local governments when an emergency occurs or may happen.

If possible, the orders will be broadcast on radio or television. But other warning systems may also be used. That's why it is very important to be alert for instructions. Follow the travel routes outlined by authorities.

Prepare a plan in case authorities can't give you instructions right away.

Plan where you'll go, how you'll get there and what you'll bring:

- Choose several destinations in different directions.
- Get maps and figure out alternate routes.

If you don't have a car, figure out other types of transportation (such as asking to ride with a neighbor). If you have a car, always keep at least half a tank of gas in it.

EVACUATE IMMEDIATELY IF TOLD TO DO SO

In Case of Evacuation

- If possible, tell your contact person where you are going.
- If instructed to, turn off the water, electricity and gas at the main switches in your home.
- Take your emergency kit.
- Lock your home.

Remember to Always Keep an Emergency Kit Ready to Go

Shelters may be able to provide some supplies, but not all. Remember to also take cash, identification and any prescription medicines (ask your healthcare provider or pharmacist about storing these in your kit).

Also keep an emergency kit:

- In your vehicle (with personal supplies such as water and non-perishable food, and vehicle supplies such as flares, jumper cables and any needed seasonal items)
- At work (in one container, with some water, non-perishable food, a flashlight and walking shoes)

See page 18 for a suggested list of supplies.

MAKE AN EVACUATION PLAN



EMERGENCY WARNINGS

Radio Stations

WNLK ¹³⁵⁰ AM

WSTC ¹⁴⁰⁰ AM

WEFX ^{95.9} FM

WKHL ^{96.7} FM

TV Stations

Cablevision ¹²

Channel ³

Channel ⁸

Channel ³⁰

Recorded Information

School Emergency Information

Power Outage Updates

Wilton "Hot Line"

(See back cover for phone numbers)

How Can I Help?

- Report suspicious terrorist activities:
1 (866) 457-8477 or (203) 777-6311
- Consider joining Wilton's Community
Emergency Response Team (CERT).
Contact the Wilton Fire Department
for information.
- Take a basic first aid or CPR course.

TOWN OF WILTON EMERGENCY CONTACT INFORMATION

Important Phone Numbers

All Emergencies – Police, Fire, Medical.....	911
Wilton Police Department – Non-Emergency.....	(203) 834-6260
Wilton Fire Department – Non-Emergency.....	(203) 834-6246
American Red Cross (Mid-Fairfield County Chapter).....	1 (800) 319-9935
Norwalk Hospital General Information.....	(203) 852-2000
Danbury Hospital General Information.....	(203) 739-7000
Wilton Volunteer Ambulance Corps – Non-Emergency.....	(203) 834-6245
Wilton Health Department.....	(203) 563-0174
Wilton Social Services.....	(203) 834-6238
Wilton Department of Public Works.....	(203) 563-0152
Wilton Animal Control.....	(203) 563-0150
Poison Control Center.....	1 (800) 222-1222
Wilton Board of Education.....	(203) 762-3381
Info Line.....	211
Northeast Utilities System	
Power outage report line.....	1 (800) 286-2000
Wilton “Hot Line” – Recorded emergency message.....	(203) 563-0256

Important Town of Wilton Web Sites

Town of Wilton.....	www.wiltonct.org
Wilton Police Department.....	www.wiltonpolice.org
Wilton Fire Department.....	www.wiltonfire.org

Important Personal Phone Numbers

Family Physicians _____

Veterinarian _____

Family Members _____

Relatives _____

Other _____

Acknowledgments



Connecticut
Light & Power
The Northeast Utilities System

MORLEY

This Emergency Preparedness Guide was made possible by the generous help and support of the above organizations.

IMPORTANT: PLEASE KEEP THIS GUIDE IN A CONVENIENT LOCATION.