

# Waterbury Department of Public Health



## Emergency Preparedness

OCTOBER 2021

### WINTER STORMS/EXTREME COLD BE PREPARED

More often than not extreme weather has resulted in emergency situations that you need to be prepared for. Winter and the related weather extremes are situations you need to be ready for.

Before the storm:

- ◇ Go over your emergency kit and make sure it is up to date.
- ◇ Stay in touch with family members.
- ◇ Make sure you dress warmly.
- ◇ Bring pets inside.



During the Storm:

- ◇ If you are outside shoveling snow make sure you wear a hat. This helps to preserve body heat.
- ◇ Wear mittens they are warmer than gloves.
- ◇ Cover your mouth with a scarf to protect your lungs from the cold air.
- ◇ Put on dry clothes as soon as you come inside.

### WINTER TERMS TO BE AWARE OF

- ◇ Frostbite— A medical condition when skin or body tissue is damaged from freezing. Its most common in fingers, toes, ears, and nose. If they appear pale white or you cant feel them you need to see a doctor.
- ◇ Hypothermia— A sickness when your body temperature drops below what is needed to be healthy and work properly. If you cant stop shivering, have trouble remembering things, feel tired or talk funny you may have hypothermia. See a doctor.
- ◇ Freezing Rain— Rain that freezes when it hits the ground, creating layer of ice on the roads, walkways, trees, and power lines. (Stay away from downed power lines.)
- ◇ Sleet— Rain that turns to ice before reaching the ground.

Winter storms can range from normal snow over a few hours to a blizzard with blinding, wind-driven snow that can last for days. These storms can bring dangerously low temperatures, strong winds, icing, sleet and freezing rain. Heavy snow and extreme cold can have serious effects on a region including power loss, slippery roads, and loss of communications. ARE YOU PREPARED?

#### Resources and Web Sites

#### Dept. of Homeland Security

[www.ready.gov](http://www.ready.gov)

[www.ct.gov/demhs](http://www.ct.gov/demhs)

#### CT Dept. of Public Health

#### City of Waterbury

#### Emergency Preparedness Volunteering

To become a volunteer to assist in the event of a health emergency, call 203-346-3906 or you can volunteer on line at the city web site

[www.waterburyct.org/services/health/emergency-preparedness](http://www.waterburyct.org/services/health/emergency-preparedness)



#### **BE READY**

A first aid kit, food, water, and clean air are essential for survival.

#### **Plan for a three day supply:**

**WATER**— One gallon per person per day

**FOOD**—Non Perishable dry cereal, canned foods

**SUPPLIES**- first aid kit, battery powered radio, dust mask, family needs, Prescriptions, infant formula, family documents, extra clothing, blankets, personal hygiene items. Please go to:

[www.ready.gov](http://www.ready.gov) for a complete list of supplies

## PREPARING FOR A DISASTER FOR PEOPLE WITH DISABILITIES AND OTHER SPECIAL NEEDS

Those with disabilities or other special needs often have unique Needs that require more detailed planning. In the event of a Disaster consider the following when preparing for a winter Emergency.

- ◇ Plan what to do in case of a power outage. If you have backup power learn how to connect it.
- ◇ Consider a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- ◇ If you use an electric wheelchair have a manual one as a backup.
- ◇ Teach those who need to assist you in an emergency how to operate necessary equipment.
- ◇ Arrange for more than one person to check on you in an emergency.
- ◇ Have a cell phone and keep it charged. You may want to consider a spare battery. Keep the numbers you may need to call in an emergency with you.
- ◇ If you are vision impaired, deaf, or hard of hearing plan for someone to convey essential information to you if you are unable to use the TV or radio.
- ◇ Keep shut off switch for oxygen equipment near your bed or chair should you need to get to it quickly.
- ◇ Make sure your emergency kit is kept current and take it with you should you have to evacuate.

### PREPARE AN EMERGENCY FOOD SUPPLY

A disaster can easily disrupt the food supply at any time. It is a good idea to have at least a three to five days supply of food on hand. Keep foods that:



- ◇ Have long storage life. (Like canned foods) Require little or no cooking, water, or refrigeration, incase utilities are disrupted.
- ◇ Meet the needs of babies (baby food or formula if needed) or other family members who are on special diets.
- ◇ Meet pet needs.
- ◇ Are not very salty or spicy. These foods increase the need for drinking water that could be in short supply.
- ◇ Check the expiration date on canned foods and dry mixes. Use and replace before expiration date.
- ◇ Have at least one gallon of water per day for each person or pet. Be sure to observe the expiration date on store bought water.

### PREPARE YOUR CAR

- ◇ Keep your gas tank full.
- ◇ Keep Maps/GPS in your car.
- ◇ Have a car charger for your cell phone in your car.
- ◇ Move vehicles under cover.

### HAVE AN EMERGENCY KIT FOR YOUR CAR INCLUDE:

- ◇ A flashlight and spare batteries.
- ◇ Jumper cables. (sometimes called booster cables)
- ◇ Flares.
- ◇ A first aid kit with instructions.
- ◇ A fire extinguisher.
- ◇ Tools like you would find in a roadside emergency kit.

For more information on how to get your car ready for a disaster, visit:

<https://www.cdc.gov/disasters/hurricanes/preparedness.html>

## HAVE YOU HAD YOUR FLU SHOT YET ?