

Hurricane/Summer Storms Personal Preparedness

Michael J. Vincelli,
CHS IV, FABCHS, DABCHS, CNTA, CHPP
Director of Emergency Management And
Homeland Security
Westport Weston Health District

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Public Health Services and Information for our Communities

180 Bayberry Lane
Westport, CT 06880
Tel: (203) 927-9571
Fax: (203)-221-7199



Introductions

- WWHD: The Westport Weston Health District (WWHD) is a governmental agency which provides local public health services to the residents of Westport, Weston and Easton.

Emergency Alerts

- ▶ **Emergency Information**
- ▶ As the Town of Easton's Emergency Management Director, I urge all residents to be prepared for a major incident. During any type of disaster, either man-made or natural, the first step toward recovery is to be prepared prior to the incident. The second is to arm yourself with as much knowledge as possible in order to make informed decisions about your safety and that of your loved ones. Please visit the websites provided below to learn what you can do to be prepared.
- ▶ Thank you,
Chief Richard Doyle
- ▶ <https://www.eastonct.gov/emergency-info>

How To Prepare

- Make a list of items; potable drinking water, food, gasoline and propane for generators, propane for your grill (never use a generator or grill in or near your home)
 - Fill tubs with water (1 gallon of water per person per day).
 - Buy plastic 30-gallon garbage cans and fill them with water
 - If you have 5 gallon empty bottles fill them with water
- Stock up on food and supplies (suggested minimum 7-day supply)
 - Make sure you have a manual can opener

How To Prepare

- Use coolers and ice to keep food items cold
- With an anticipated storm turn your refrigerator and freezer to the lowest setting.
- If you are not going to be home, freeze a Dixie cup with water and put a quarter on top of the frozen water. If power went out long enough to make anything in the freezer unsafe the quarter will be in the bottom of the Dixie cup.
- Battery and/or hand crank operated radio with extra batteries for the battery operated radio
- Always keep a flashlight, batteries and extra warm clothing or blanket(s) or a mylar blanket in your vehicle

How To Prepare

- First aid kit and fire extinguishers - know how to use them
- Cell phones with additional battery back-up. May also use vehicle to charge
- Buy a power inverter for your car. It converts DC voltage in the car to AC voltage so you can charge laptops, tablets, iPads, cell phones
- Know how to turn off water, gas and electricity
- Harden home, remove trees, branches, check generator, gas, propane

How To Prepare

- Remain inside during the storm. If driving find an area that is clear from trees and wires such as a large parking area
- DO NOT go near any downed wires - always assume they are live. They can become re-energized and move around. Wires can energize areas around the downed wires. Generator Back Feed.
- Secure loose items outdoors-patio furniture and tents, etc.

How To Prepare

- Identify anyone with medical needs to the utility company and Social Services
- Make sure you have enough prescribed medication for at least a week
- Back up any computers you may be using
- Be familiar with your area and its susceptibility for flooding
- Do not use candles during power outages - fire hazard
- Be prepared to move your family and pets to a shelter or other accommodations (portable crate, medications, food and toys)

How To Prepare

- Keep a “Go Bag” Ready - Basics: clothes, medications, water, food, pet care, batteries, radio, phone, credit cards, cash, phone list, portable light
- Cash if a major power failure ATM’s will most likely be out of service
- Develop contact times and plan with family/friends
- Specific needs: warm clothes, sleeping bags
- Check auto, tires. Fill up cars with gas
- Consider your physical capabilities and condition

How To Prepare

- When Aware of a Pending Event
 - Contact family, friends, inform them of your plans
 - Evacuate if necessary
- If evacuating:
 - Maps, GPS, destination
 - Load “Go Bags,” pets, necessities
 - Leave before danger arrives 24 hours minimum
 - Have a couple of planned routes
 - Notify others of your planned evacuation route and destination

How To Prepare

- If staying home:
 - Depending on event, board windows or avoid rooms with large windows
 - Use portable generators appropriately
 - Have at least 7 days of food, medications, water depending on event
 - If you need to use a vehicle as a shelter, take a Battery operated CO Detector and put it on your dash board.
 - Be aware that Emergency Services might not get to you

How To Prepare

- After the Event - Stay Safe!
 - Don't try to do more than you can (removing debris, walking, cutting, moving downed trees)
 - Contact family, neighbors, friends, let them know you are safe
 - Use your resources (water/food) judiciously
 - Notify power companies if power is out
 - Await authorities for road clearing
 - Have some comfort food on hand, Twinkies last for 1,000 years

Town Services and Resources

- Emergency response during event
- Activation of Emergency Operations Center-First Selectman and department heads
 - Virtual operations
- Public Works - clearing roadways
- Make Safe working with Eversource and UI and utilities
- Detours - Towns may produce an Online map of blocked roads, will need internet access to see them

Town Services and Resources

- Emergency shelter - including pets (CERT)
 - A public shelter will be the last option due to COVID-19
- Communication with Homeland Security - Region 1
- State resources available
- Public warming/cooling and charging stations
- Internet access for the public
- Shower facilities (COVID)
- Water supply - towns will set up water stations to fill containers
- Coordination with Human/Social Services

Information on Specific Events

- **Hurricanes/ Tropical Storms**
 - Usually forecast days in advance but can change in intensity and track
 - Heavy rain and winds - fallen trees, wires down, long term loss of power and flooding; do not drive through flooded areas
 - Stay indoors until the storm passes-do not drive
 - Stay clear of windows
 - Monitor the forecast and emergency alerts for updates
 - Power restoration may take a week or more
 - Loss of cell phones and internet
 - Loss of water and septic
 - May become land-locked for several days

Utilities

Eversource

- ▶ <https://www.eversource.com/content/ct-c/residential>
- ▶ Telephone, 800-286-2000
- ▶ Twitter, @EversourceCT

- ▶ United Illuminating
Telephone, 800-722-5584

Optimum

Telephone, 888-276-5255

Twitter, @optimum, @OptimumHelp

Frontier

Telephone, 888-909-4418

Information on Specific Events

- Tornadoes
 - Can happen anywhere but usually not as significant or common in our area but can be fast, devastating and dangerous
 - Typically, they are isolated incidents in smaller areas-local resources available to assist those affected.
 - Monitor for warnings and watches-cell phone and electronic alerts- know the difference between warnings and watches, NOAA is going away from Watches and Warnings.
 - Have an in-home plan; identify safe areas-rooms usually basements
 - Don't forget your pets

Information on Specific Events

- Flood
 - Monitor the weather and rain potential; hurricanes are likely to produce heavy rain quickly and cause flash flooding closing off roadways - trapping residents
 - Know your area and its potential for flooding
 - Move to higher ground including vehicles
 - Do not drive through flooded roadways if you can't see the bottom - vehicles can be easily swept away
 - Check with your neighbors, especially handicapped and elderly

Information on Specific Events

- Power outage
 - Make sure portable generators and gas grills are away from the house; fumes can seep into the home especially through the garage and deadly (CO) Have a couple of battery operated CO Detectors on hand. If you need to use a vehicle as a shelter, place the CO Detector on the dashboard of the vehicle
 - Do not use candles-tend to start fires-use flashlights (crank or battery)-LED's works best and allows for a much longer battery life
 - Limit opening the refrigerator and freezer- conserve the radiant cooling
 - Don't forget to shut off electrical appliances especially ovens and stove tops

Information on Specific Events

- Earthquakes
 - Try to get outside quickly and safely
 - Shut off electric and gas if there is damage to your home or business
 - Watch for aftershocks-damaged areas are vulnerable

Support Links

Ready.Gov

<https://www.ready.gov/>

Emergency Financial First Aid Kit

<https://community.fema.gov/PreparednessCommunity/s/emergency-financial-first-aid-kit>

Connecticut Alert System

<https://portal.ct.gov/ctalert>

Emergency Preparedness for Older Adults

<https://www.cdc.gov/features/older-adult-emergency/index.html>

Questions and Comments

Mike Vincelli

MVincelli@WWHD.Org

203-571-8353

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