Hurricanes

Be Prepared

Presented by:
The Greenwich Department of Health

Hurricane Information

One of the most dramatic, damaging, and potentially deadly events that occur in this country is a hurricane.

Hurricanes are products of the tropical ocean and atmosphere. They are powered by heat from the sea and are steered by the trade and temperate winds. Generating their own energy, they move ashore bringing with them a storm surge of ocean water, high winds, tornadoes, torrential rains, and flooding.

A hurricane is a type of tropical cyclone which is accompanied by thunderstorms and winds. The force of a hurricane can cause catastrophic damage to coastlines and several hundred miles inland. The Atlantic hurricane season effecting the Eastern part of the US and Gulf states lasts from June 1st through November 30th, with the peak season from mid-August to late October.

Southern New England is subject to all three hurricane threats: coastal flooding; widespread wind damage; and inland, small stream and river flooding due to heavy rains.

Terms and Actions to Know

Hurricane Watch – Hurricane conditions are possible within 48 hours
Hurricane Warning – Hurricane conditions are expected within 36 hours
Storm Surge – This is the most dangerous element of a hurricane. This is a dome of water that can reach great heights. Most hurricane fatalities are associated with storm surge
Wind – Winds associated with a hurricane are constant and greater than 74 MPH. Hurricanes can also spawn tornadoes
Rain – Rain associated with a hurricane can be torrential and cause floods and flash floods
Evacuation – Hurricane evacuations will be ordered by the Town, if necessary. However, deciding to leave your residence earlier may be the best decision, especially if you have special needs. Shelters will be set up by the Red Cross and Town, but accommodations will be basic and may not meet your needs

SCALE CATEGORY NUMBER	SUSTAINED WINDS (MPH)	DAMAGE	STORM SURGE
1	74-95	MINIMAL: UNANCHORED STRUCTURES, WINDOWS, SIGNS, TREES AND SHRUBS	4-5FT.
2	96-110	MODERATE: MOBILE HOMES, ROOFS, PIERS, SMALL CRAFTS, TREES, WINDOWS, FLOODING	6-8FT
3	111-130	EXTENSIVE: SMALL BUILDINGS, LARGE TREES AND BRANCHES, MOBILE HOMES, LOW ROOFS, LOSS OF ELECTRICITY AND WATER	9-12FT
4	131-155	EXTREME: ROOFS DESTROYED, TREES & SIGNS DOWN, ROADS IMPASSABLE, BUILDINGS DAMAGED, WATERFRONT HOMES FLOODED, EXTENSIVE DEBRIS	13-18FT
5	>155	CATASTROPHIC: MOST BUILDINGS DESTROYED OR DOWNED, TREES & SHRUBS DOWN, ROOFS SEVERELY DAMAGED, VEGETATION DESTROYED, HOMES FLOODED, MAJOR ROADS CUT OFF.	>18ft

Hurricane Preparedness Guide

Before, during and after the storm—

Hurricane season begins June 1st and ends November 30th. The time to prepare for hurricane season is now. This guide is designed to provide valuable information that you can use before, during and after a storm.

BEFORE……

Develop a Hurricane Plan

Every family should be prepared to be self-sufficient, especially after a major storm, so recovery efforts can focus on those who can't help themselves.

STEP 1 Hold a Family Meeting

- To discuss the hazards of hurricanes and what will be needed
- Determine the need to evacuate or relocate. Homes close to the water may need to prepare to relocate prior to the storm arriving
- Shelters will only provide basic needs, so they should be the last resort

STEP 2 Protect Your Assets

- Review insurance policies and secure important papers and valuables

STEP 3 Assess Your Home

- Check the roof, windows, doors and landscaping to determine what actions to take for protection

STEP 4 Determine Any Special Needs

- Make advance arrangements to accommodate any special needs you may have, including, but not limited to, medical conditions, physical disability, or age dependant

STEP 5 Accommodate All Pets

- Determine your pet's needs and make advance arrangements for placement. Only limited space will be available in pet sheltering facilities

STEP 6 Gather Supplies and Identify a Safe Room

- Assemble a hurricane kit according to the family needs (food, water, medications, etc.) See checklist for essential items
- Also choose a safe room should you need immediate protection for safety (interior room with no windows)

STEP 7 Notify Others of Your Plan

- Let family, friends and caregivers know about your plan so they can help you, especially if you have special needs

STEP 8 Know Who to Call

- Assemble a list of important phone numbers and contacts
- Identify health care providers and school contacts
- Establish out of town contacts for relocating
- Stay tuned to local radio and TV for instructions

STEP 9 Prepare a Water Supply and Maintain Essential Needs

- Pre-fill sinks and tubs with water
- Fill 1 gallon containers for drinking purposes
- Set refrigeration/freezer on coldest settings
- Obtain cash, fill gas tanks and charge phones

STEP 10 Request Assistance, if Needed.

- If you require special assistance in evacuating or have no-one to care for you, contact your care-giving agency for guidance or call the Greenwich Department of Health at (203) 618-7625. In an emergency, call 911

Hurricane Kit Checklist

☐ Your Family 72 hour Emergency Plan- that includes supplies and contact lists so that relocation can be achieved prior to the storm event

☐ Drinking Water – The local water supply may be interrupted or become contaminated. Store at least one gallon per person per day for three to five days, preferably two weeks. Extra water is needed for preparing food and for personal hygiene. Store water in food-grade containers. You can also fill clean, airtight containers such as two-liter soda jugs with drinking water. If you re-use disposable plastic bottles, do not keep them for more than a month.

☐ Food – At least enough for three to five days including non-perishable packaged or canned food that needs little or no cooking

☐ Coolers for ice and cold food storage in case the power outage

☐ Battery-operated radio w/ extra batteries or hand-crank radio

☐ Flashlight (w/ extra bulbs and batteries)

☐ Matches – stored in a waterproof container

☐ Fire Extinguisher

☐ Hard-line telephone with jack (not cordless)

☐ Emergency cooking facilities

☐ A three- to five-day supply of special items for babies such as formula, food, wipes, and diapers; special foods for the elderly; toiletries and extra toilet paper.

☐ Extra medicine – Contact your pharmacy and obtain a 30-day supply

☐ Pet food, cat litter and other pet-care items

☐ Manual can opener/bottle opener

☐ Paper goods such as plates, bowls, napkins, towels, and plastic eating utensils

☐ First aid kit and manual

☐ Bleach (for purifying water)

☐ Shutters, lumber

☐ Emergency repair materials and tools – Keep receipts as these expenditures may be covered by insurance. Items to include are cord and rope, hammer and wood nails, saw, hatchet or axe, crowbar, chain saw blades, tarp, duct tape and heavy work gloves

☐ Plastic trash bags and ties

☐ Extra re-sealable plastic storage bags, heavy-duty aluminum foil and disposable pans

☐ Extra charcoal or propane gas for outdoor cooking. Sterno can also be used. Never cook with any of these inside your house—the smoke and fumes are deadly

☐ Fire extinguisher (ABC type)

☐ Mosquito repellent with DEET and sunscreen

☐ Toys, books and games to keep children and adults entertained

☐ Full tank of gasoline – Gas pumps do not work without electricity

☐ Cash and Credit Cards

☐ Sturdy shoes

☐ Special medical equipment and supplies (e.g. extra oxygen, hearing aid batteries, etc.)

Safeguard Your Home

Prior to hurricane season, take steps to reduce damage to your home and property. Identify vulnerabilities including roof, windows, pool, yard and doors.

➡ **Assess The Roof**

- Check shingles, tiles, panels and gutters. Secure when necessary

➡ **Trim Trees on Private Property**

- Remove weak branches
- Thin out upper canopy –stay away from power lines
- Get professionals to do the work
- Bundle yard waste and dispose according to town regulations
- Secure newly planted trees

➡ **Check Doors and Windows**

- Solid wood/hollow metal doors will most likely resist wind pressure and flying debris
- Garage doors should have steel bracing
- Plan on storing your car in garage if possible
- Shutters should be in good working condition and securely fastened
- Windows may be covered with plywood; however, it may not offer enough protection. Tape will not keep windows from breaking. Close all windows during a storm and stay away from them

➡ **Protect Your Pool/Patio**

- Keep water in the pool
- Add extra chlorine to the water to help with contamination
- Turn off power to all pool equipment
- Remove pool pump motor, if possible, and store indoors otherwise, wrap with plastic and secure it tightly with tape/rope
- Remove all furniture, pails and loose items from the pool/patio area and all exterior areas of your property

➡ **Protect Your Well Water Supply**

- Existing well water pits should be cleared of debris and maintained structurally
- After severe storms, all well water supplies should be disinfected before use. (Contact Department of Health for procedures)
- Town public water may also have contaminates after a major storm, so drink bottled water or boil water for use when necessary. Well water analysis is conducted at Department of Health Laboratory (203) 622-7843
- Septic systems may be flooded due to excessive rain, which can also contaminate a well. Homeowners with septic systems need to have them checked after the storm (contact the Department of Health for procedures)

During.....

Once the storm arrives, there are some additional measures you can take to keep everyone as safe as possible

- ✔ Monitor local radio and TV for up-to-date information
- ✔ Stay indoors, in a secure location that will not flood
- ✔ Stay away from windows and glass doors
- ✔ Shut main breaker off when electricity goes off and turn off propane tanks
- ✔ Remove unsecured items off tables, shelves, etc. near windows
- ✔ Use only flashlights for lighting when electricity goes off. Lit candles can start fires
- ✔ Use telephones for emergencies only
- ✔ Conserve refrigeration by not opening doors
- ✔ Place towels along window sills & bottom of exterior doors to prevent water entering
- ✔ Do not drive or walk around outside. Fallen tree debris, in flight items and downed electric lines can cause harm
- ✔ Beware that tornadoes can appear at any time. If warnings are issued. Take cover indoors (lower level of building, interior hallway)
- ✔ Stay away from fuse box, main breaker and electrical outlets in the event of flooding
- ✔ Confirm travel plans prior to leaving. Beware, operations maybe interrupted due to the storm
- ✔ Keep everyone quiet and occupied, especially children. Reassure them that they are safe
- ✔ Moor your boat, if time permits

Thunderstorms & Lightning Protect Yourself

▲Get inside a home or large building when a storm approaches

▲Stay away from open doors, windows, fireplaces, stoves, sinks and appliances

▲ Do not use electrical appliances or hard-line telephones. Only in an emergency.

If Outside, <u>DO NOT</u>:

- ⊘ **Stand under a tree in an open area**
- ⊘ **Stand on a hilltop, open field, on the beach, or in a boat on the water**
- ⊘ **Stand in isolated sheds or small structures in open areas**
- ⊘ **Stand in water or near equipment**
- ⊘ **Stand near items that conduct electricity (fences, metal pipes, rails, etc**

Generators

Portable generators are often used to restore electricity to some home appliances during a power outage. Power from a generator can be a lifesaver, but it can also be very dangerous if not used properly. If you choose this option to restore power, please take the following safety tips into consideration:

- NEVER use a generator indoors! Generators must be set up outdoors in a completely open and dry area
- Position the generator away from vents, windows, and doors to prevent carbon monoxide from building up and entering the home
- Do not use a generator in rain or wet conditions
- It's best to plug appliances directly into the generator, or a heavy-duty, outdoor-rated extension cord may also be used. Make sure that the cord is free of cuts or tears, and the plug has all three prongs-especially a grounding pin
- NEVER try to power the house wiring by plugging the generator into a wall outlet. This practice, known as "backfeeding," is extremely dangerous as it presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices
- Turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could cause a fire
- Always follow the manufacturer's instructions for your generator. Give special attention to how much wattage your generator can accommodate so that it does not overload and malfunction

After.....

Keeping Safe in the Storm's Aftermath

Some of the greatest hurricane dangers present themselves after the storm has passed.

- Be patient. The town will respond according to priority needs
- Debris filled streets are dangerous. Beware of puddles of water that may be deep and hazardous
- Downed power lines are a health hazard. Call 911 if you see a power line sparking
- Do not drive unless it is an emergency. Streets and bridges may be damaged and weakened. Emergency crews will need clear roads for navigating
- Take precautions to prevent fires and protect property from further damage
- Notify insurance company of any losses and take pictures to support your claim
- Use generators carefully. They can be extremely hazardous (see tips for use)
- Flood waters are considered contaminated, so items (food, medications, paper goods, etc) in contact, should be discarded. Also the electricity in your home may be unsafe. Be sure to call an electrician before restoring power
- Guard against spoiled food. During power outages, food can go bad. When in doubt, throw it out. Call Department of Health at (203) 622-7838 for more information
- If your home has gas service, be alert for gas fumes (rotten eggs). Ventilate the area and do not turn on any lights, use matches or a telephone. Contact the gas company from outside the home
- Do not drink water from the faucet unless it has been declared safe for consumption. Drink bottled water from approved source and/or boiled tap water (rapid boil for five minutes to kill infectious organisms) Well water must be disinfected prior to use. Call Department of Health for procedures

Disaster Readiness Tips For People with Disabilities

To be better prepared as a nation, we all must do our part to plan for disasters. Individuals with or without disabilities can decrease the impact of a disaster by taking steps to prepare before an event occurs.

The National Organization on Disabilities Emergency Preparedness indicate that people with disabilities need to be more self-reliant in emergencies. Making a plan to fit your own unique circumstances is important. Take the following steps to become better prepared.

- Get Informed - Learn about what hazards may impact your community (floods, blizzards, wind storms, etc.) Obtain information through websites and organization offices
- Personal Support Network - Create a network of trusted individuals (family, friends, co-workers, personal attendants, etc.) who can assist you during an emergency . Be sure to tell them your needs. Having solid relationships is one the most effective means of surviving an disaster.
- Plan to Evacuate - Plan where you will go if advised to evacuate. Determine how you will go, what the means of transportation will be, who will care for you, what you will need (equipment, medication, etc.) and what will you do with your pets. Remember going to a shelter should be the last resort.
- Make A Plan To Address An Emergency - Keep several copies in various locations.
  - Discuss what type of hazard could affect you
  - Locate a safe room or area in your home. In certain circumstances, the safest place may be away from your home
  - Discuss any routine treatments with health care providers
  - Discuss sheltering needs and make advanced plans if possible Make a list of items needed at a shelter
  - Work with health care providers and social support groups to develop a plan of care
  - Learn basic homecare skills, if possible
  - List at least 3 out of town contacts, to ensure your safety

Make a Ready Kit and Go Bag

Make a list of items needed for shelter-in-place and if evacuation is necessary. Here are some basics:

- ☐ Water (1 gal. pp/per day for 3-7 days) some should be bottled
- ☐ Food (3-7 days) Special food needs, non-perishable packaged/canned foods, snacks, non-electric can opener, cooking utensils/fuel, paper goods
- ☐ Written instructions for care & medication. List of medications/doses, list of doctors and types of medical devices
- ☐ Extra eyeglasses/hearing aid batteries/disposable gloves
- ☐ Blankets/pillows and other bedcare materials
- ☐ Clothing -include emergency rain gear
- ☐ Toiletries
- ☐ Batteries/Flashlight/Radio
- ☐ Telephone
- ☐ Cash/Credit Cards
- ☐ Extra set of keys
- ☐ Books, games, pencil, paper, etc.
- ☐ Important documents (in a water tight plastic bag)
- ☐ Vehicle - fueled, tire repair kit (for wheelchair too)
- ☐ Whistle/other communication devices
- ☐ Alternate power source for equipment
- ☐ Jumper cables or recharging device
- ☐ Portable TTYs
- ☐ Medical equipment/disposable supplies (extra cane, wheelchair, etc.)
- ☐ List of Contacts/special items for infants
- ☐ Pet care items/plastic bags
- ☐ File of Life (taped to refrigerator door)
- ☐ Spare parts for equipment

Important Numbers and Resources

In Connecticut, the Emergency Alert System (EAS) is in place. If the system is activated, scheduled TV and radio will be interrupted and an emergency message will be broadcasted. it is important to listen to these instructions and stay tuned.

Emergency Services:

Emergency (Fire, Police, GEMS)	**911**
Greenwich Emergency Information Line	**1-866-245-4260**

Reverse 911 System (recorded message to each household with a published number

(activated during an emergency only)

Emergency Helplines-Utilities:

Aquarion Water Company	1-800-732-9678
Northeast Utilities	(203) 286-2000
CT Natural Gas Company	(203) 869-6900

Local Non-Emergency Phone Numbers

Greenwich Department of Health	(203) 622-6488
or	(203) 618-7625
Greenwich Fire Department	(203) 622-3950
Greenwich Police Department	(203) 622-8003
Greenwich Department of Social Services	(203) 622-3800
Non-Emergency Medical Transportation Services -	
American Medical Response (AMR)	1-800-379-7700
Department of Parks & Recreation Tree Division	(203) 622-7824
American Red Cross-Greenwich Chapter	(203-869-8444
Greenwich Hospital	(203) 863-3000
Connecticut Poison Control	1-800-222-1222
Town of Greenwich	(203) 622-7700

CT AM Radio

WGCH -1490 (Greenwich)	http://wgch.com
WSTC - 1400 (Stamford)	http://wstcwnlk.com
WNLK - 1350 (Norwalk)	http://wstcwnlk.com

Television

Cablevision Channel 12 or 79	www.news12.com/CT
WFSB Channel 3	www.wfsb.com
WTNH Channel 8	www.wtnh.com
WVIT Channel 30	www.wnbc30.com
(channel 6 on cablevision)	

Additional Resources

National Weather Service	www.nws.noaa.gov/NWR
US Dept. of Homeland Security	www.ready.gov
Federal Emergency Management Agency (FEMA)	www.fema.gov/plan
CT Hurricane	www.ct.gov/hurricane
American Red Cross	www.redcross.org
Town of Greenwich	www.greenwichct.org

Information for Persons with Disabilities

Disability Preparedness Center	www.disabilityperparedness.org
Department of Homeland Security -Disability Preparedness Center	www.disabilitypreparedness.gov
National Council on Disabilities (NCD)	www.ncd.gov
National Organization on Disability/Emergency Preparedness	www.nod.org/emergency
National Association of the Deaf	www.nad.org
American Foundation for the Blind	www.afb.org
NOAA Weather Radio	www.weather.gov/nwer/special_needs.htm

Note: Information for this pamphlet was obtained from various sources

Family Emergency Plan Wallet Cards

Adult

FAMILY EMERGENCY PLAN

Name: **DOB:**

Address:

State: **Zip:**

Home Phone: **Cell Phone:**

E-mail: **Other E-mail:**

Special Needs, Medical Conditions, Allergies, Important Information:

WORK:

Business Name:

Address: State: Zip:

Office Phone:

Point of Contact or Special Instructions:

Work Emergency Plan:

Children:

Name: DOB: Sex:

Identifying Characteristics:

School/Daycare: Address/Phone:

Name: DOB: Sex:

Identifying Characteristics:

School/Daycare: Address/Phone:

Name: DOB: Sex:

Identifying Characteristics:

School/Daycare: Address/Phone:

Neighborhood Emergency Meeting Place:

Name: Phone:

Address: City/State:

Point of Contact:

Out of Neighborhood Emergency Meeting Place:

Name: Phone:

Address: City/State:

Point of Contact:

Out of Town Emergency Meeting Place:

Name: Phone:

Address: City/State:

Point of Contact:

Important Numbers or Information:

Name: Phone

Name: Phone

Name: Phone

Name: Phone

Name: Phone

Child

FAMILY EMERGENCY PLAN

Name: **DOB:**

Address:

State: **Zip:**

Home Phone: **Cell Phone:**

E-mail: **Other E-mail:**

Special Needs, Medical Conditions, Allergies, Important Information:

School/Daycare:

Name:

Address: State: Zip:

Office Phone:

Point of Contact or Special Instructions:

School Emergency Plan:

Parent/Guardian/Care Giver:

Name: DOB: Sex:

Identifying Characteristics:

Work Address/Phone:

Cell Phone: E-mail:

Name: DOB: Sex:

Identifying Characteristics:

Work Address/Phone:

Cell Phone E-mail:

Neighborhood Emergency Meeting Place:

Name: Phone:

Address: City/State:

Point of Contact:

Out of Neighborhood Emergency Meeting Place:

Name: Phone:

Address: City/State:

Point of Contact:

Out of Town Emergency Meeting Place:

Name: Phone:

Address: City/State:

Point of Contact:

Important Numbers or Information:

Name: Phone

Name: Phone

Name: Phone:

Name: Phone:

Name: Phone