CONNECTICUT
Public Health

Prepared, Not Panicked

A Connecticut Guide to Emergency Preparedness

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Prepared, Not Panicked

Welcome

Emergencies can happen at any time—but preparing for them doesn't have to be stressful, expensive, or overwhelming.

Whether it's a power outage, winter storm, flood, hurricane, extreme heat, or another emergency, a few simple steps can help protect you, your family, your pets, and your home.

Preparedness isn't about expecting the worst. It's about feeling confident if something unexpected happens. It's about having a plan, knowing where to find information, and making sure you have what you need if everyday life is interrupted.

The good news? You don't have to do everything today.

This guide will show you simple, practical steps that can help you feel more confident, more prepared, and better able to recover—one step at a time.

It's normal to feel stressed

Emergencies can be stressful and disruptive. It's normal to feel anxious, overwhelmed, or unsure of what to do during and after an emergency.

Stay connected with friends, family, neighbors, and trusted sources of information, and remember to ask for support if needed. Strong connections can help communities recover and move forward together.

When an emergency happens, your focus shifts from preparing to responding. The small steps you take today can make a big difference tomorrow.

Ready today, safer tomorrow.

Getting started

Preparedness starts with three simple steps:

01: Make a Plan

Know how you'll stay informed, communicate with loved ones, and respond during an emergency.

02: Build a Kit

Gather essential supplies so you can stay safe and comfortable if services are not available.

03: Stay Ready

Think about the unique needs of your household, including children, older adults, people with disabilities, and pets.

You don't have to prepare for everything. Just start somewhere.

01: Make a Plan

Your phone is only part of the plan

Your phone is one of the best tools for receiving emergency alerts and updates. But during a disaster, power outages, damaged cell towers, or busy networks can limit cell service. That's why it's important to have more than one way to stay informed.

Before an emergency: Sign up for alerts

Emergency alerts can provide important information about severe weather, evacuations, road closures, and other emergencies.

- Sign up for Connecticut emergency alerts
- Download the FEMA app
- Learn how your town sends emergency alerts
- Get a battery-powered NOAA Weather Radio

During an emergency: Access to information

Even with a fully charged phone, you may not be able to make calls or use the internet if cell towers lose power or networks become too busy. Always have backup ways to receive information.

- State and town emergency alerts
- Local news
- NOAA Weather Radio
- Town websites and social media

CT tip

Connecticut's emergency alert system can send you alerts for your area. Sign up by texting **CTALERT** to **888-777**. If you have family members who live in other areas of the state, you can sign up for alerts in their communities too.

Radio is best for reliable updates during an emergency, especially when cell networks are unavailable. NOAA is the U.S. agency that keeps an eye on the weather and shares important updates. For NOAA alerts in CT, tune your radio to:

KHB47 (162.550 from New London)

WWH33 (162.500 from Cornwall)

WXJ41 (162.475 from Somers)

WXJ42 (162.400 from Meriden)

For newer radios with S.A.M.E. programming, find your county code on the NOAA weather radio website.

Know where your people are

When emergencies happen, family members may be at work, school, daycare, or traveling.

A communication plan can help everyone find each other and reduce stress.

See the Emergency Information Worksheet in Resources

Choose an emergency contact

Select a trusted friend or family member who lives outside your area. If local phone lines are busy, everyone can contact the same person who lives outside your area. That person can share updates with the rest of the family.

Pick two meeting places

Near home:

A safe place close to home if you need to leave quickly.

Outside your neighborhood:

A backup meeting place in case you can't get back into your neighborhood.

Make sure everyone knows

- Important phone numbers
- Home address
- Meeting locations
- How to call 9-1-1

Make sure children know who to contact and where to go if they can't reach a parent or caregiver. Place a written emergency contact list in their backpack or go-bag.

Did you Know?

During emergencies, communication networks may become too busy or unavailable. A written plan helps everyone know what to do before they need to communicate.

Community Is a preparedness tool

Preparedness is easier when neighbors know and support one another. Consider:

- Checking on older adults
- Helping neighbors with disabilities
- Sharing information
- Exchanging contact information

Where will you go?

Some emergencies may require you to leave home quickly. Deciding where you'll go ahead of time can save valuable time and reduce stress. Think about:

- Family or friends
- Hotels
- Community shelters
- Accessible shelter options if needed

If someone in your household uses medical equipment, a wheelchair or other mobility devices, or needs extra help getting around, try to find places that meet your needs in advance.

If you live near the shore...

Use the CT Know Your Zone! shoreline evacuation maps to find out if your home is in a coastal evacuation zone and become familiar with the best routes to leave in an emergency.

CT tip

Call 2-1-1 or check the 2-1-1 website for active storm shelters, warming centers, or cooling centers in your area. 2-1-1 is CT's 24-hour, information and referral support service.

Prepare your wallet, too

Emergencies can interrupt daily life—and they can also create unexpected costs.

Protect Your important documents

Keep copies of:

- Personal identification
- Insurance policies
- Medical information
- Emergency contacts
- Financial documents

Store them in a waterproof bag or container. You can also keep secure digital copies.

Keep some emergency cash

Power outages and damaged networks can affect ATMs, credit card systems, and online banking.

Review insurance coverage

Know what your insurance covers—and what it does not. For example, standard homeowners' insurance typically does not cover flood damage.

Know your home

Take a few minutes to learn:

- Where your electrical panel is located
- How to shut off water if a pipe bursts
- Where your gas shutoff valve is located (if you have gas)
- How to manually open your garage door during a power outage
- Where fire extinguishers are stored and how to use one

Location and Notes (fill out this section with your information)

Electrical panel	
Water shutoff	
Gas shutoff (if you have gas)	
Garage door	
Fire extinguishers	
Other: _____	

Did you Know?

Electricity may come back on before internet or cell service is fully restored. Printed copies can still be valuable.

02: Build a Kit

The stuff you'll wish you had later

When an emergency happens, the last thing you want is to search your home for batteries, medications, or a flashlight.

An emergency kit helps you stay safe and comfortable if you need to shelter in place for several days or if everyday services are not available.

The good news? You probably already have most of the supplies you need.

Think of your emergency kit as everyday items gathered in one place—ready when you need them.

Did you Know?

Most emergency kits can be built using items you already own or by purchasing supplies gradually over time.

Start with the basics

Your emergency kit should have enough supplies for everyone in your household for at least three days. To get started, focus on water, food, light, personal care, information, and first aid.

Emergency kit storage

Store your emergency supplies in a sturdy container with a lid. This helps to protect supplies from moisture, pests, and accidental spills.

See our At Home Emergency Kit Checklist in Resources

Water first

If you only do one preparedness task today, make it storing water. You need water for drinking, making food, taking medicine, and staying clean.

Have at least one gallon of water per person, per day, for at least three days.

You may need more if:

- You have children, pets, or someone is pregnant or nursing
- The weather is hot
- Someone in your household has a medical condition

Did you Know?

You may still have running water during an emergency—but it may not be safe to use. Your water company or local officials will tell you if you need to use bottled or treated water.

If your water has an unusual change in color, smell, or taste, or you see floating pieces, do not use it until you know it is safe. Check local news and messages from your water company or local officials for instructions.

If you are told to treat your water, use one of these methods:

- Boil–bring clear water to a rolling boil for 1 minute
- Bottled water–use sealed bottled water
- Water-purifying tablets–follow instructions on the package

Use bottled or treated water for:

- Drinking, brushing your teeth and taking medicine
- Cooking, washing fruits and vegetables and making baby formula
- Washing your hands, especially before preparing food

Follow instructions from your water company or local officials about bathing and other uses. **Keep following the instructions until officials tell you your water is safe to use again.**

Preparedness on a budget

Preparedness doesn't happen all at once—and it doesn't have to break your budget.

Instead of buying everything at once:

- Add one or two items during each shopping trip
- Watch for items to go on sale
- Use items you already own

The best emergency kit isn't the most expensive one. It's the one you actually have.

5-minute preparedness challenge

Choose one preparedness item to add this week.

That's it. One item. Every step counts.

Stock the pantry, not for the apocalypse

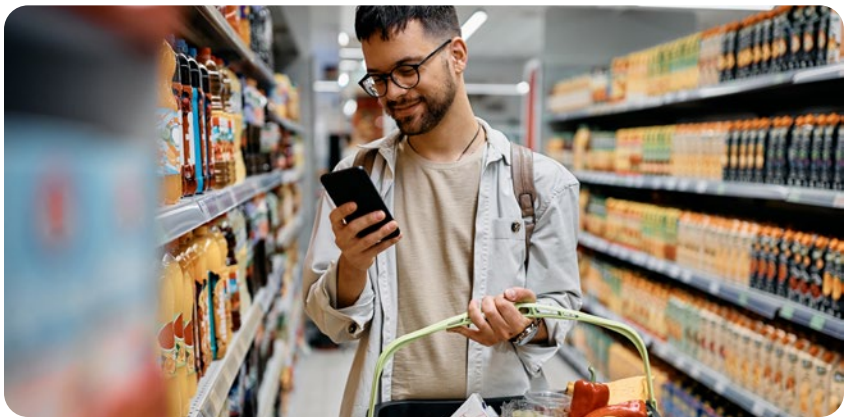
Emergency food doesn't need to be complicated. Focus on foods that:

- Last a long time
- Don't need to be cooked
- Have protein or other nutrients
- Meet your household's food needs

Examples include:

- Canned beans, tuna or chicken
- Nut butters, such as peanut butter
- Mixed nuts
- Dried fruit
- Applesauce
- Milk that doesn't need to be refrigerated
- Protein bars
- Cereals

Jarred and canned food lasts longer than packaged food and also keeps out mice and other pests. Remember to include a manual can opener if you're storing canned food.



The little things matter, too

Once you have water and food, add other everyday supplies, too. For example:

- First aid: bandages and pain relievers
- Personal care: toilet paper and hand sanitizer
- Cleaning: trash bags and disinfecting wipes

See our full Basic First Aid Kit Checklist in Resources

So... the power went out

Many emergencies in Connecticut have one thing in common: **No electricity.** Adding a few simple items can make power outages safer and more manageable.

Recommended supplies include:

- Flashlights
- Battery-powered lanterns
- Extra batteries
- Portable power banks (portable chargers)
- Battery-powered or hand-crank NOAA radio

Avoid using candles whenever possible, especially around children, pets, or sleeping areas. Instead, try keeping flashlights in several rooms throughout your home–not just in your emergency kit.

Did you Know?

The same supplies can be useful during power outages, winter storms, and other everyday emergencies.

5-minute preparedness challenge

Add two extra long-lasting, high-protein food items to your next grocery list.

Don't build it and forget it

Preparedness isn't a one-time project.

Supplies expire. Children grow. Medications change. Preparedness changes, too

Set aside time twice a year to review your kit.

Check:

- Expiration dates
- Water supplies
- Batteries, flashlights and radios
- Medications
- Clothing sizes
- Important documents

CT tip

Set a reminder on your phone to check your emergency supplies when we change the clocks for daylight saving time each spring and fall.

Grab and go

Sometimes the safest option is to leave.

A go-bag contains important supplies you may need if you have to leave home quickly, go to a shelter, or get stuck away from home.

Your go-bag should be:

- Easy to carry
- Easy to find
- Ready to use if you need to leave quickly

A backpack or small suitcase with wheels usually works well.

Did you Know?

Emergencies don't always happen when everyone is together. Having a small go-bag for each family member (including your pets!) can help if you're separated.

Each go-bag should have:

- Food and water
- Spare clothing and personal items
- Flashlight, chargers, and NOAA radio
- Individual items, such as medical supplies, baby or child supplies, and pet supplies
- Copies of important documents and cash

See the full Go-bag Checklist in Resources

03: Stay Ready

Because preparedness looks different for everyone

Every household has different needs.

The goal isn't to prepare for every possible scenario—it's to think about what *you and the people in your household* might need and make a plan before an emergency happens.

Plan for health and access needs

Emergencies can create extra challenges for people with disabilities, health conditions, or other needs.

Think about what you need to stay safe and independent every day. Then think about how you will get those things during an emergency.

Think about what you may need:

- Mobility equipment
- Communication devices or other technology you use
- Service animals
- Medical supplies and medications
- Transportation
- Help with personal care

Keep extras of important items, such as:

- Glasses
- Hearing devices and batteries
- Diabetes or ostomy supplies
- Chargers for medical equipment
- Medical ID cards or bracelets

Keep important information handy

The Emergency Information Worksheet in the resources section of this guide includes space for medical needs, contacts, healthcare providers, pet information, and other important details.

For medications, keep an updated list of:

- Prescription medications and dosages
- Pharmacy contact information
- Prescribing providers
- Over-the-counter medications

Keep a copy of this information in your emergency kit and go-bag. Talk with your healthcare provider about keeping extra medicine for emergencies, if possible.

If you rely on a caregiver:

- Make sure someone else also knows your needs and emergency plan in case your usual support is unavailable.

Did you Know?

Emergency shelters work to accommodate people with disabilities and other access needs. Planning ahead can help ensure those needs are met as quickly as possible.

Build your support network

Emergencies are easier to handle when you know who can help you—and who may need your help.

Think about who you could call if:

- You need transportation, medications, or other supplies
- Roads are difficult to travel
- Power is out for several days
- You need someone to check on you

Your support network is the people and groups who can help you. This might include family, friends, neighbors, community organizations, or others you trust.

If you live alone:

Identify someone who can check on you during an emergency.

Prepared at every age:

Talk with older family members about their emergency plans and any support they may need to stay safe and independent.

Tiny humans need a plan, too

Children may experience emergencies differently than adults.

Changes to routines, unfamiliar places, and not knowing what will happen can be stressful—especially for younger children.

Preparing ahead of time can help children feel safer and more secure.

Think beyond the basics

In addition to food, water, and medications, think about:

- Formula and bottles
- Diapers and wipes
- Comfort items
- Books and activities
- Coloring supplies
- Small games or toys
- A favorite toy, blanket, or book can help children feel more comfortable during a stressful situation.

Talk about emergencies

Children don't need every detail.

Simple, age-appropriate conversations can help them understand:

- How to call 9-1-1
- Family meeting places
- Emergency contacts
- What to expect during an emergency

The goal is confidence—not fear.

Did you Know?

Pet-friendly shelters and hotels may be harder to find during an emergency. Planning ahead helps protect both you and your pet.

Identification Matters

Make sure pets have:

- Current ID tags
- Microchip information
- Up-to-date contact information

Furry, feathered and scaly

If it's not safe for you, it's probably not safe for your pets.

Pack their kit

- Food and water
- Medications
- Vaccine records
- Carriers, leashes and harnesses
- Waste bags or litter supplies

Know Where They Can Go

Before an emergency, find:

- Pet-friendly hotels
- Friends or family who can help
- Animal shelters or boarding facilities

Connecticut Hazards

CT hazards at a glance

When water comes rushing in

Flooding, hurricanes, and tropical storms

Heavy rain, flooding, and strong winds can quickly create dangerous conditions. Prepare early, stay informed, and never drive through floodwaters.

Before a storm:

- Monitor weather forecasts and local alerts
- Avoid roads and areas that often flood
- Fill your car's gas tank and fully charge electric vehicles
- Check your town's bus and train schedules for changes

During a storm:

- Stay indoors and away from windows
- Avoid unnecessary travel
- Be prepared for power outages
- Follow instructions from local officials

If local officials tell you to leave:

- Leave early
- Use the routes officials tell you to use
- Bring your emergency supplies or go-bag
- Take pets if possible

After a storm:

- Watch for damaged trees and other hazards
- Treat every downed power line as energized

If flooding happens:

Never walk, drive, or bike through floodwaters.

Just six inches of moving water can knock an adult off their feet, and a foot of water can carry away many vehicles.

- Floodwater may contain sewage, chemicals, sharp objects, or harmful germs
- Avoid contact with floodwater whenever possible.
- Throw away food, medications, or drinking water that touched floodwater
- If you have a private well that floods, do not use the water until the well has been disinfected and you know it is safe

Know your zone:

CT Know Your Zone! shoreline evacuation maps

CT tip

Most hurricane damage in Connecticut comes from flooding and power outages—not high winds.

When seconds matter

Tornadoes

Tornadoes can occur in Connecticut with little warning.

While most are relatively short-lived, they can still cause serious damage. Knowing where to shelter before a warning is issued can save valuable time.

Know the difference

Tornado watch

Conditions are right for tornadoes.

Tornado warning

A tornado has been seen or detected by radar. Take shelter immediately.

Signs of a tornado

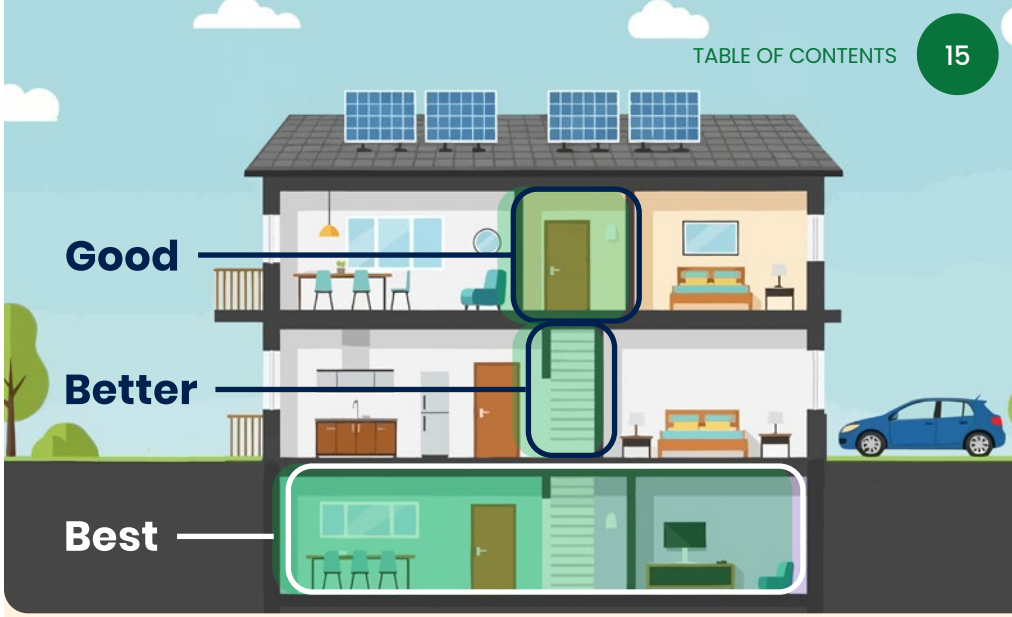
- Dark, greenish sky
- Large, dark, low-lying cloud
- Sound of a loud roar, similar to a train
- Large hail

Where to shelter

- **At home:** Go to the *basement* or a room near the middle of your home on the lowest level
- **In an office or apartment building:** Go to an *interior room*, stairwell or hallway away from windows
- **In a mobile home or vehicle:** Go to the *nearest sturdy building or storm shelter*. If you are in a car and cannot reach a sturdy building, *get to an area that is lower than the road, if you can do so safely.* Cover your head with your hands.

If you're indoors, stay away from windows and exterior walls.

If you're in a vehicle, do not park under an overpass or bridge–you're safer in a low, flat location.



Where to shelter at home (illustration above)

Did you Know?

Connecticut averages several tornadoes each year—even though most are relatively weak.

CT tip

Connecticut's emergency alert system can send you tornado alerts for your area. Sign up by texting **CTALERT** to **888-777**.

So... the power went out, again

Power outages

Power outages can happen during storms, extreme heat, winter weather, or equipment failures. They can affect communication, food safety, medical equipment, and home heating. A few simple precautions can help you stay safe until power is restored.

Stay safe

- Keep refrigerator and freezer doors closed as much as possible
- Use flashlights instead of candles
- Unplug electronics that could be damaged by a power surge
- Charge devices when possible

Generator safety

Never operate generators:

- Inside your home
- In a garage or other enclosed space
- Less than 20 feet from doors, windows, or vents

Generators produce carbon monoxide, an invisible and dangerous gas.

Medication reminder

If you use refrigerated medications such as insulin, talk with your healthcare provider or pharmacist about safe storage during long power outages.

Food safety reminder

When in doubt, throw it out.

Food that has been kept above safe temperatures for too long can make people sick.

When you're unsure whether refrigerated food remained safe during a power outage, it's safer to throw it out.

Did you Know?

If the doors stay closed, a full refrigerator can keep food cold for **about 4 hours** during a power outage, a full freezer can keep food frozen for **about 48 hours,** and a half-full freezer for **about 24 hours**.

CT tip

Power outages can happen any time of year. Keep a portable charger or power bank charged, just in case.

Thunderstorm season: May through September

Hurricane season: June through November

Winter storm season: November through February

It's not just hot, it's dangerous

Extreme heat

Heat is one of the deadliest weather-related hazards in the United States.

Anyone can be affected, but older adults, young children, outdoor workers, and people with certain medical conditions may be at higher risk. Staying cool, hydrated, and connected can help prevent serious illness.

Protect yourself

- Drink water regularly—even if you don't feel thirsty
- Spend time in air-conditioned spaces
- Limit hard outdoor activity during the hottest part of the day
- Wear lightweight, loose-fitting clothing

Don't ignore early warning signs

Heat cramps and heat rash can be early signs of heat illness. If you feel cramps or get a rash:

- Move to a cooler place
- Drink water slowly
- Rest until you feel better

Taking action early can help prevent more serious heat illness.

Check on others

Extreme heat can be especially dangerous for people who live alone. A quick phone call or visit can make a difference.

Car safety

Never leave children, older adults, or pets in a parked vehicle—even for a short time. ***The temperature inside a parked car can rise about 20°F in just 10 minutes, even on mild days.***

Did you Know?

By the time you feel thirsty, your body may already be dehydrated.

CT tip

Cooling centers may be available during periods of extreme heat. Check local resources for locations and hours.

Heat Illness Warning Signs

Heat exhaustion	Heat stroke (call 9-1-1)
Heavy sweating	**Confusion/trouble speaking**
Dizziness or headache	**Loss of consciousness (passing out)**
Weakness or tiredness	**Hot, red skin (with or without sweating)**
Nausea or vomiting	**Body temperature of 103°F**

If you think someone has heat stroke, call 9-1-1 immediately. While waiting for help, move them to a cooler place and try to cool them with cool water or cold, wet cloths.

5-minute preparedness challenge

Identify the nearest cooling center or other air-conditioned location you could use during a heat emergency.

Connecticut winters don't play around

Winter weather

Snow, ice, freezing rain, and extreme cold can disrupt travel, power, and daily routines. Preparing ahead of time can help you stay safe both at home and on the road.

Stay warm and safe

- Dress in layers
- Limit time outdoors during extreme cold
- Take breaks when shoveling snow—don't push yourself too hard
- Keep walkways clear when possible

Watch for signs of cold-related illness

If symptoms occur, move to a warm location and seek medical care if needed.

Hypothermia: Shivering, confusion, drowsiness, slurred speech, or trouble walking or moving normally.

Frostbite: Numbness or skin that looks pale, white, or waxy on the fingers, toes, ears, or nose.

Avoid unnecessary travel during severe winter weather when possible

If travel is necessary:

- Slow down while driving
- Increase following distance
- Carry winter emergency supplies
- Let someone know your route

Did you Know?

Four-wheel drive helps you get moving, but it doesn't help you stop faster on snow or ice.

Safe heating

Never use ovens, stovetops, or outdoor grills to heat your home. This can create fire hazards and dangerous carbon monoxide buildup.

CT tip

In Connecticut, it is state law to clean all the snow and ice off your vehicle before driving to prevent dangerous flying debris. This includes the hood, trunk, and roof.

5-minute preparedness challenge

Gather three winter driving essentials and keep them in your vehicle.

Home fires happen fast

Home fire safety

Home fires can spread quickly, leaving only a few minutes to escape safely. Working smoke alarms and a practiced escape plan can help protect your household.

- Test smoke alarms monthly and replace every 10 years
- Replace batteries as recommended
- Keep cooking areas clear
- Use space heaters safely

Make an escape plan

Everyone in your household should know:

- Two ways out of every room
- A meeting place outside
- How to call 9-1-1
- Practice your plan regularly

Don't forget your pets

- Include pets in your home fire escape plan
- Keep leashes, carriers, and harnesses near exits
- Practice evacuating with pets when possible
- If you cannot safely reach your pet, leave immediately and tell firefighters where they may be hiding

Never re-enter a burning building to search for a pet.

If you can do it safely

Close doors behind you as you leave. **Closed doors can help slow the spread of fire.**

Did you Know?

Modern home fires can spread much faster than they did decades ago, leaving only a few minutes to escape safely.

Where to install smoke alarms

- **Inside every bedroom**
- **Outside each sleeping area**
- **On every level of your home**

5-minute preparedness challenge

Test every smoke alarm in your home today.

The danger you can't see

Carbon monoxide (CO)

Carbon monoxide is an invisible, odorless gas that can build up indoors and make people seriously ill. Because you can't see, smell, or taste it, working carbon monoxide alarms are essential.

Common sources

- Generators
- Appliances that burn fuel
- Furnaces
- Fireplaces
- Vehicles running in enclosed spaces

Warning signs

Symptoms may include:

- Headache
- Dizziness
- Weakness
- Nausea
- Confusion

If several people in the same home suddenly develop similar symptoms, carbon monoxide could be the cause. Get everyone outside to fresh air and call 9-1-1.

Prevent carbon monoxide from building up

- Never run a generator indoors or in an attached garage
- Never use a gas stove or oven to heat your home
- Have heating systems and appliances that burn fuel checked regularly
- Keep vents and chimneys clear

Did you Know?

Carbon monoxide poisoning often feels like the flu—but without a fever.

If your CO alarm goes off

Get outside right away.

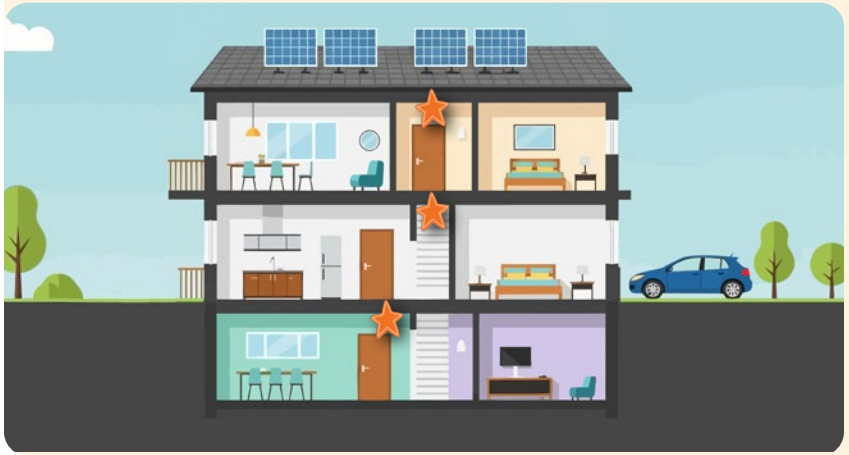
Move everyone to fresh air and call 9-1-1.

Do not go back inside until emergency responders say it is safe.

Where to install carbon monoxide alarms

- **Outside each sleeping area**
- **On every level of your home**

Do not install alarms right next to appliances that burn fuel unless the instructions say to.



Ready, set, check

Congratulations—you've already taken one of the most important preparedness steps: learning what to do before an emergency happens.

Preparedness isn't about fear. It's about confidence.

You don't need to do everything today.

Just start with one small step.

Then another.

And another.

The best time to prepare is before an emergency happens. Once an emergency begins, your focus shifts from preparing to responding. That's why the small steps you take today can make a big difference tomorrow.

Remember, the best emergency plan is the one that works for your household, your needs, and your community. Every step you take today helps you face tomorrow with more confidence.

You've got this.

Resources and Links

Emergency Information Worksheet

Household name

Home address

Emergency contacts

	Name	Phone	Relationship
Primary			
Out of area			
Neighbor			

Family meeting places

	Location and address
Near home	
Outside neighborhood	
Other address	

Important places

	Address and phone
Local emergency shelter	
School or daycare	
Doctors and other healthcare providers	
Other:	
Other:	

Household notes

Medical needs/ allergies	
Pet Information	
Utility company phone numbers	
Other notes	

☐ Everyone in my household knows where this information is kept.

Complete this page and keep a copy in your emergency kit and go-bags. **Scan code or click here for the mobile version to keep on your phone.**

At Home Emergency Kit Checklist

For when you need to stay home safely for up to 3 days. Check off the box as you complete each item!

3 Steps to build your emergency kit

☐ 1. Start with the essentials:

☐ **Pick up a large storage bin.** Keep everything in one place so it's easy to grab when you need it. A large, strong plastic bin with a lid works well.

☐ **Bottled water – at least 3 gallons of water for every person (1 gallon per day)**. Stock extra if there are children, pets, someone is nursing a baby, or if the weather is hot. Water-purifying tablets and clean water storage containers are also good to have if your water becomes unsafe to drink.

☐ **Stock up on long-lasting foods with protein.** Healthy canned food you don't need to cook (beans, tuna, chili, nut butter, mixed nuts, fruit) and snacks like dried fruit, applesauce, cereal and protein bars. Jarred and canned food lasts longer than packaged food and keeps out mice and other pests. Don't forget baby food or formula if needed!

BUDGET-FRIENDLY TIP – Pick up just one or two extra items each time you shop, or when they're on sale.

☐ 2. Other important items:

☐ **First aid supplies, including:** Fever-reducing and pain-relieving medicines, and small injury supplies such as adhesive bandages, cleaning wipes, wrap bandages, and cold packs.

☐ **Flashlights, lanterns and battery-powered candles (with batteries)**. Keep flashlights in several rooms, so you always have one nearby. Also, remember to have plenty of extra batteries!

☐ **Personal care supplies:** Baby wipes or cleaning wipes, hand sanitizer, toilet paper, soap, hygiene products, and face masks.

☐ **Cleaning supplies:** Disinfectant cleaning wipes for your home, paper towels, and trash bags.

☐ **Chargers for cell phones, computers, and tablets.**

☐ 3. Items that are helpful to have, but not required:

☐ **Battery-powered or hand-crank radio that can receive NOAA Weather Radio alerts:** Tune to:

KHB47 (162.550 from New London)

WWH33 (162.500 from Cornwall)

WXJ41 (162.475 from Somers)

WXJ42 (162.400 from Meriden)

Newer radios with S.A.M.E. programming–find your county code on the NOAA weather radio website.

☐ **Portable or solar-powered chargers.** Or both! Even a fully charged phone won't last long when the power is out. Portable chargers store extra power, while solar-powered chargers refill themselves using sunlight, so you can keep charging for days — even after backup batteries run low.

☐ **Pillows and either warm blankets or sleeping bags for everyone in your home.**

Scan or click to download the CT Emergency Kit Builder

Go-Bag Emergency Kit Checklist

For when you need to leave quickly to go to a safe location, or you're stranded in your car. Check the box for each item added!

3 Steps to build your go-bags

1. Start with the essentials:

- [ ] **Pack go-bags for every person in your home:** A go-bag should be sturdy and easy to carry, like a backpack or a small suitcase with wheels.
- [ ] **Clean, safe water.** Pack sealed bottled water, emergency water pouches, or a clean, reusable metal water bottle. Water-purifying tablets can also help if your water becomes unsafe to drink.
- [ ] **Long-lasting, healthy food:** Packaged food that doesn't need to be cooked, like dried fruit, nuts, granola bars and protein bars.
- [ ] **Spare Clothes:** Comfortable shoes, a change of clothes, a hat, scarf or bandanna, sunglasses, and a jacket–you may want to pack a raincoat in the spring and swap it out for a warmer jacket in the fall.
- [ ] **Cleaning and personal care items, such as:** Disinfectant cleaning wipes, personal cleansing wipes, travel size hand sanitizer and soaps, face mask and a few small trash bags.

2. Three questions to ask yourself:

- [ ] **Do you have babies or kids in your house?** Your baby's go-bag should have diapers, wipes, bottles, formula, and baby food.

  For kids, pack activities like coloring books and crayons, playing cards, stuffed toys, and storybooks. Keep their bag easy to carry or use one with wheels.

- [ ] **Do you or anyone in your home need medical supplies?** Pack enough of medicine for a few days, as well as items like glasses, contact lenses, hearing aids, ostomy or insulin supplies, spare batteries and chargers, and medical ID tags.
- [ ] **Do you have any pets?** Your pet needs a go-bag too! Pack their canned and dry food, water, bowl, waste bags or trays medical paperwork, and any medicine they take. Store with their travel crate.

3. Finally, add in other helpful safety items:

- [ ] **First aid supplies, including:** Travel-sized packets of fever-reducing and pain-relieving medicines, adhesive bandages, cleaning wipes, sunscreen, bug spray, multi-purpose tool, and emergency blankets (thin blankets that fold up small and help keep you warm)
- [ ] **Flashlight (with extra batteries)**
- [ ] **Notepad, pen and copies of important documents**
- [ ] **Battery-powered or hand-crank NOAA radio**
- [ ] **Local paper maps**
- [ ] **Extra set of car and house keys.** If you keep your go-bag in your car, store your spare keys somewhere else—that way, if you lock your keys in the car, you won't lock your spare keys in there too!

Scan or click to download the CT Emergency Kit Builder

Basic First Aid Kit Checklist

A small kit can help you treat minor injuries while you wait for medical care or during everyday emergencies. Check the box for each item added!

Build your first aid kit

Start with the essentials:

- ☐ **Adhesive bandages (bandaids)** in a few different sizes
- ☐ **Sterile gauze pads**
- ☐ **Medical tape**
- ☐ **Elastic wrap bandage**
- ☐ **Antibiotic cream**
- ☐ **Antiseptic wipes**
- ☐ **Disposable gloves**
- ☐ **Tweezers**
- ☐ **Small scissors**
- ☐ **Digital thermometer**
- ☐ **Instant cold pack**
- ☐ **Fever reducers and pain medicines** such as Tylenol, Motrin, or Advil

CT tip

Get the Red Cross First Aid app by texting **GETFIRST** to **90999** and think about taking a certified first aid and CPR course through the American Red Cross or another trusted organization. Learning these skills now can help you feel more confident during an emergency.

Remember:

- Keep your kit somewhere easy to find
- Consider keeping a second first aid kit in your vehicle.
- Replace expired medications and used supplies

When to call 9-1-1

- Heavy bleeding
- Trouble breathing
- Loss of consciousness (passing out)
- Chest pain
- Severe burns

5-minute preparedness challenge

Find your first aid kit. Check for expired supplies and replace anything that's missing. Make sure everyone in your household knows where it's kept

Scan or click to download the CT Emergency Kit Builder

Resources

211 Connecticut

24-hour, information and referral support service, https://www.211ct.org/

American Red Cross

How to Prepare for Emergencies, https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html

CT Division of Emergency Management and Homeland Security (DEMHS)

https://portal.ct.gov/despp/service/emergency-management-and-homeland-security

CT Department of Emergency Services & Public Protection (DESPP)

Know Your Zone! Shoreline Evacuation Maps, https://portal.ct.gov/demhs/emergency-management/resources-for-individuals/summer-weather-awareness/know-your-zone-evacuation-maps

FEMA (Federal Emergency Management Agency)

https://www.fema.gov

READY.GOV

Emergency preparedness information and tools https://www.ready.gov

Ready Kids

Activity books and games that help kids prepare, https://www.ready.gov/kids/prepare-pedro

NOAA Alerts

https://www.noaa.gov/

Radio is best for reliable updates in an emergency. To get NOAA alerts in CT, tune your radio to:

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