

# Town of Lebanon

## Emergency Preparedness Checklist

### Three Essential Steps to Disaster & Emergency Preparedness

#### Be Red Cross Ready



#### Get an Emergency Supplies Kit

Being prepared with the right emergency supplies can reduce the risk of harm when disaster strikes.

#### Pack a “Go Bag”

When disasters (fire, flood, or hurricane) require a quick evacuation, a “Go Bag”—backpack with emergency supplies/important documents for each household member—is essential.

#### What’s in a “Go Bag?”

- **Water**—small bottles
- **Food**—nonperishable snacks
- **Battery-powered radio/flashlight** (with extra batteries)
- **First Aid Kit**—bandages, scissors
- **Copies of important documents** in a waterproof container (ID, proof of residence, insurance info, emergency contact card)
- **Prescription info**—name, dose, doctor’s name and number
- **A whistle** to signal for help
- **Silver foil blanket**—also called a mylar blanket
- **Keys**—a second set of car and house keys
- **Cash**—small bills
- **Toiletries**—hygiene items, toilet paper
- **Personalize** your “Go Bag” for your special needs—baby supplies, contact lenses, pet supplies, etc.

#### Prepare a Disaster Supplies Kit

If you’re homebound because of a disaster (utility disruption, HAZMAT emergency, flu pandemic), a Disaster Supplies Kit—sturdy container such as a duffle bag or plastic bin containing enough provisions to last your entire household for at least three days—is essential.

#### What’s in a Disaster Supplies Kit?

- **Water**—at least one gallon per person per day
- **Food**—foods that require no refrigeration, preparation or cooking and little or no water (e.g., canned foods, energy bars). Be sure to include a manual can opener.
- **Battery-powered radio/flashlight** (with extra batteries) or crank radio/flashlight\*
- **Special needs items**—for children and older loved ones, as well as pets or service animals  
Personal items—eye glasses/contact lenses and solution, hygiene items, charged cell phone batteries
- **Copies of important documents** in a waterproof container (ID, proof of residence, insurance info, emergency contact card)
- **Prescription info**—name, dose, doctor’s name and number
- **First Aid Kit** and Manual

## **Make a Plan**

**The best possible response to a disaster starts with a well-conceived plan.**

- **Discuss** with your household the types of emergencies that could occur in your area and what to do in each case.
- **Establish** responsibilities for each household member so you can work as a team.
- **Pick** two places to meet: one near your home in case of a local emergency, like a fire, and the second outside your neighborhood in case of larger-scale emergencies.
- **Maintain** an up-to-date emergency contact card with addresses and phone numbers.
- **Choose** an out-of-area friend or relative as a contact for everyone to call. It's often easier to call out-of-area during a large-scale emergency.
- **Include** your pets in an evacuation plan. Have items for your pet in your disaster supplies kit and "Go Bag."
- **Teach** adult household members when and how to turn off electricity, water and gas.
- **Tell** household members where emergency information and supplies are kept.
- **Practice** evacuating your home twice a year. Take your planned evacuation route, then map out alternative routes in case main roads are impassible.
- **Include** your neighbors in your emergency plan.

## **Be Informed**

- **Learn what disasters may occur where you live, work and play.** A home fire or medical emergency may affect only your household; a flood or a blackout can affect your entire community.
- **In the Town of Lebanon, prior to and during a disaster,** important updates will come via:
  - WILI 1400 AM and 98.3 FM or WICH 1310 AM and WCTY 97.7 FM
  - NOAA weather radio stations or channels
  - Lebanon Web Site [www.lebanontownhall.org](http://www.lebanontownhall.org)
  - **Emergency Operations Center: 860 642-7111**
  - **Lebanon's Emergency Shelter** is located at **Lyman Memorial High School**, when activated.
- **Learn First Aid and CPR.** During a major disaster loved ones can be hurt and emergency response delayed. CPR training and simple first aid techniques will give you the skills and confidence to help someone who is injured—it may even help you save a life. If you are interested in taking a CPR or First Aid course, please contact the Emergency Management Director for further information.
- **Share what you've learned** with your household and neighbors and encourage them to be informed.