

## The Go-Kit

Having a disaster kit is essential. It should contain provisions that will allow you and your family to be self-sufficient in your home for 3-5 days. We recommend the following contents:

- Water**-one gallon of water per person, per day
- Food**-ready to eat canned food; high energy food like peanut butter, granola bars and trail mix.; Canned juices, coffee, tea, etc.
- Flashlight and extra batteries**
- Radio (battery operated)**
- First aid kit including scissors**
- Medications, both prescription and over the counter**
- Special needs for infants and others who require individual health and safety items**
- Trash bags with ties**
- Blankets, sleeping bags**
- Soap, toilet paper, bleach**
- Credit cards and cash**
- Change of clothes for each member of household**
- Important papers and documents in portable and secure containers**

The Emergency Alert Broadcast Stations are:  
96.5 FM, 102.9, 89.1 FM, 90.5 FM, 97.7 FM  
980 AM, 1150 AM, 1310 AM, 1420 AM  
TV: WFSB 3, WTNH 8, WVIT 30, WTIC 61



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## EMERGENCY PREPAREDNESS PROGRAM

**Be Responsible.  
Be Ready.**

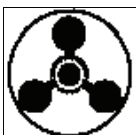
City of Hartford  
Health & Human Services Department

*"The systematic use of violence, terror, and intimidation to achieve an end."*

- Webster Dictionary definition of  
TERRORISM

Since the tragic events of September 11th, many efforts have been made to better protect Americans from acts of terrorism. The best defense against bioterrorism is a strong public health system. Many of these defenses begin at a local level. The Hartford Health Department has taken many steps, with guidance from State and Federal Agencies, to better serve the residents of Hartford in the event of an emergency. Improvements in communication, surveillance, response, and education are being made to improve emergency responding capabilities in Hartford and the surrounding regions.

For more information on emergency preparedness and bioterrorism visit:  
[www.bt.cdc.gov/](http://www.bt.cdc.gov/)  
<http://www.dph.state.ct.us/ready.htm>



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### Health Alert Network

The purpose of the HAN is to build a nationwide network of strong public health agencies which can effectively serve as the nation's frontline defense against terrorism and other public health threats. The program intends to ensure that each community has rapid and timely access to emergent health information; a cadre of highly-trained professional personnel; and evidence-based practices and procedures for effective public health preparedness, response, and service on a 24/7 basis. The Hartford Health Department's Local HAN consists of over 500 members of health care and social services professionals throughout the city. A rapid message delivery system is in place to ensure these health alerts are sent quickly to those people who can best serve the residents of Hartford. To get more information on the HAN or to volunteer to help the Hartford Health & Human Services during a public health emergency please call 547-1426

**YOU NEED TO THINK OF THIS AS THE MOST IMPORTANT TO-DO LIST YOU WILL EVER TAKE ON.** Officials tell us that in the event of a disaster we need to be prepared to be self-sufficient for 3 to 5 days. We hope none of us ever has to face a major hurricane, flood or terrorist attack. BUT just in case, it's our responsibility to be ready. Remember it will be easy to do these things now. It will be almost impossible after the fact.

**Put a Kit together.** This is the kit that will allow you to be sheltered at home for 3-5 days. The contents for a simple kit are on the back of this page.

**Put a Go-Kit Together.** Same idea, only smaller and portable, in case you have to leave your house in a hurry.

**Buy a battery-powered radio and extra batteries.** If power goes out, so does your TV, radio, and computer—AND any connection to the outside world.

**Have a plan and hold a family meeting.** Every family member will have responsibilities and needs to be on the same page. Make sure everyone knows what to do. Talk about how to leave your house if you need to get out fast.

**Pick a meeting place.** What if you're at work, the kids are at a friend's house and your spouse is running errands. Have a pre-arranged meeting place in addition to your home where you can all find each other.

**Arrange for an out-of-town connection.** Sometimes local telephone communications are knocked out before long-distance lines are. Pick an out-of-town relative or friend to be the contact person for everyone.

**Print important Information Cards for all family members.** Make sure everyone in your family has one with them at all times.

**Know how to shut off water, gas, electricity, and any other utilities in your home.** Know how to turn everything off to avoid gas leaks.

