

# Seven Days of Hurricane Preparedness: A one-week plan to be ready for hurricanes... or other emergencies


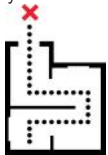









**American Red Cross**

Hurricane Season begins June 1 and ends November 30. Connecticut has been severely affected many times by Hurricanes. Individuals, businesses and communities can take some basic steps to be better informed about and prepared for Hurricanes.

Early attention to risks and planning can avoid great inconvenience or even tragedy later. The actions recommended here will help to prepare you for Hurricanes and other emergencies throughout the year.

Free preparedness and planning information is available from the American Red Cross in Connecticut. Call 1-877-CTREDCROSS (1-877-287-3327) or visit [www.ctredcross.org](http://www.ctredcross.org) for more information. Many supplies are available online at the Red Cross Store.

On the First Day of Hurricane Preparedness	On the Second Day of Hurricane Preparedness	On the Third Day of Hurricane Preparedness	On the Fourth Day of Hurricane Preparedness	On the Fifth Day of Hurricane Preparedness	On the Sixth Day of Hurricane Preparedness	On the Seventh Day of Hurricane Preparedness
<p>Get a Kit. Have at least three days of supplies in an easy-to-carry kit, stored in an accessible place, if you need to evacuate or be self-sufficient at home for at least three days. A kit should include water, non-perishable food, a first aid kit, a battery powered radio, important medications, sanitary supplies and should include supplies for any household pets, as well. Consider buying a multi-gallon water container that can be filled if needed.</p>  <p>Free information on preparing a disaster supplies kit is available by contacting us at 1-877-287-3327 or visiting <a href="http://www.ctredcross.org">www.ctredcross.org</a>. Disaster supplies kits are also available at our Red Cross Store.</p>	<p>Make a plan. Planning ahead will help you have the best possible response to a disaster. Know what disaster risks could affect your family and discuss what you can do as a team to prepare. Create an evacuation plan for your house; practice it twice a year. Choose a place to meet away from home if you are separated during a disaster and can't get home. Designate a spot near home where you would gather during a sudden emergency, like a fire. Make sure that everyone in the household has important emergency numbers handy. Know how to shut off utilities in your home if necessary. Make sure everyone in your family knows where your emergency information and supplies are kept. And don't forget to include your pets in your planning. They need care too!</p>  <p>Free information about creating and maintaining an emergency plan is available from the Red Cross. Call us at 1-877-287-3327 or visit us online at <a href="http://www.ctredcross.org">www.ctredcross.org</a>.</p>	<p>Be Informed. Know what may happen and how to respond. Learn what disasters or emergencies may occur where you live, work and play. Identify how local authorities will notify you during a disaster and you will get important information from local television, radio or weather service broadcasts. Learn what you can do to be better prepared by taking a Red Cross course in CPR and first aid. At least one person in your home should be trained. Be sure that you have a battery-powered radio, preferably one with a weather band.</p>  <p>The American Red Cross in Connecticut can help you to know what you need to prepare and can provide information and resources. Contact us for more information.</p>	<p>Consider purchasing additional supplies that might be helpful in creating and maintaining a safe household.</p>  <p>Consider purchasing an A-B-C type fire extinguisher for your home. Make sure everyone is trained in its use.</p> <p>Consider purchasing sleeping bags for your family. If you have to evacuate, a sleeping bag will provide extra comfort when you are at a Red Cross shelter. It can also help you to stay warm during an extended power outage.</p>  <p>Evaluate your energy needs and consider purchasing a generator. If you or a family member has electrically powered medical equipment, this is an important purchase to consider. Make sure that you have this equipment professionally installed and follow all operating instructions carefully.</p>	<p>Conduct a hazard search around your home. Look for items that could become dangerous in high winds, like dead tree limbs, loose shutters and unsecured furniture.</p>  <p>Make a plan to address items that need fixing and a plan on where to store loose items.</p> <p>While you're checking, make sure that things are safe inside, too. If your home is prone to flooding, it's a good idea to raise appliances like furnaces, hot water heaters, washers, dryers and electrical panels to prevent damage. Consult your utility company, electrician or plumber.</p> <p>It's also a good time to make sure there are smoke alarms on each floor of your home and in each bedroom and that you've replaced batteries recently. The beginning and end of daylight saving time are good dates to change batteries.</p> <p>The American Red Cross in Connecticut has more information on making your home safer. Visit <a href="http://www.ctredcross.org">www.ctredcross.org</a> or call 1-877-287-3327.</p>	<p>Take a moment to make sure you have copies of important identification, insurance and legal documents in your emergency kit.</p>  <p>Consider also keeping important materials in a safe deposit box.</p> <p>Make a habit of reviewing your homeowner's insurance once a year to make sure it suits current needs. If you rent, consider renter's insurance, which could protect the contents of your rented home in many disaster and theft situations. The coverage can be very affordable and is often the only way to replace items lost in rented homes.</p>  <p>The Connecticut Chapter of the American Red Cross has free information about preparing for disasters. Call 1-877-287-3727 or visit <a href="http://www.ctredcross.org">www.ctredcross.org</a> to learn more.</p>	<p>Help your community be better prepared. Take a moment to encourage friends, colleagues and relatives to follow your example with the Seven Days of Hurricane Preparedness.</p>  <p>Make an appointment to give blood. Blood is needed in times of emergency, but the ongoing need is also great. Every two seconds someone in America needs a blood transfusion—cancer patients, accident victims, premature infants and the list goes on. Your donation means so much to the individuals who need it.</p> <p>Consider becoming a Red Cross volunteer. Join the more than one million neighbors who help their communities be safer, healthier and better prepared. We'll train you with the skills you need and have opportunities for people of every age and ability. What you learn will help your community and your family. Call 1-877-287-3327 or visit <a href="http://www.ctredcross.org">www.ctredcross.org</a> to learn more.</p>