

## HURRICANE & COASTAL RESILIENCY PANEL

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State Senator  
Tony Hwang

Moderator:  
**Senator Tony Hwang**

# Hurricane Coastal Resiliency

# INFO PACKET

## Hurricane Coastal Resiliency Panelists:

- **Robert LaFrance**  
*Audubon Connecticut*
- **James O'Donnell**  
*UConn CIRCA*
- **Becky Bunnell**  
*Fairfield Flood & Erosion Control Board*
- **Lt. James Perez**  
*Fairfield PD (Ret.)*

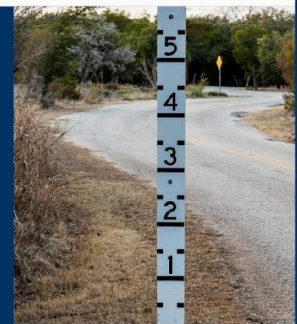


### State Senator Tony Hwang

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## **Friends and neighbors,**

It is a privilege to host this year's Hurricane & Coastal Resiliency Panel. This forum is becoming a great, informative annual tradition during the Atlantic Hurricane Season which begins June 1st and lasts until November 30th. As we near the heart of hurricane season, residents are increasingly concerned over flooding, storm strength and damage, climate change, and resiliency. These expert panelists and advocates offer a great opportunity to answer questions from community members and leaders on coastal erosion, storm preparation and recovery, and the effects of climate change on our shoreline and larger ecosystem.

I want to thank our returning panelists: Becky Bunnell, Jim O'Donnell, and Robert LaFrance, and welcome James Perez. There is truly no better combination of environmentalists, activists, non-profit leaders, and volunteers to help address the concerns of our residents here in Fairfield and Southport, and the larger community.

Connecting our state's policy, leaders, and local neighbors has always been my commitment to our community. Environmental legislation and policy has remained one of my top priorities in the Connecticut General Assembly, and I hope that we can combat the growing effects of climate change together, in pursuit of a safer and cleaner environment.

Committed to you,



Connecticut State Senator, 28th District  
*Fairfield, Easton, Newtown, and Bethel*  
(860) 240-8800  
[senatorhwang@gmail.com](mailto:senatorhwang@gmail.com)



## **MAJOR ENVIRONMENTAL INITIATIVES 2025 *Legislative Session***

### **H.B. 5004 PASSED – Public Act No. 25-125**

- ❖ HB 5004, this year's key climate bill, focuses on improving air quality and reducing greenhouse gas emissions to achieve net-zero carbon by 2050. It mandates zero-carbon electricity for state agencies, promotes energy-efficient building retrofits, and offers heat pump grants for schools and a residential rebate program. The bill provides tax incentives for sustainable businesses, establishes the CT Clean Economy Council to guide clean energy and workforce transitions, promotes solar canopies to avoid deforestation, and requires DEEP to integrate nature-based solutions for climate resilience and biodiversity.

### **S.B. 9 PASSED – Public Act No. 25-33**

- ❖ S.B. 9 helps Connecticut communities prepare for worsening climate impacts like flooding and sea level rise. It requires insurers to provide flood risk information, mandates municipal evacuation plans, and subjects new coastal single-family homes to site plan reviews per FEMA guidelines. Zoning must address sea level rise and promote flood-resilient construction, while “Resiliency Improvement Districts” fund adaptation projects. The bill updates Conservation and Development Plans and the Statewide Water Plan to address climate impacts on water resources. It also bans neonicotinoids on turf grass to protect pollinators and restricts rodenticides to reduce harm to birds of prey.

### **S.B. 4 PASSED – Public Act No. 25-173**

- ❖ (SB 4) promotes cleaner energy by removing landfill methane and certain biomass from top-tier Renewable Portfolio Standards, prioritizing solar and geothermal, though it reduces overall renewable energy requirements. It supports low-carbon geothermal heating through a grant and loan program and enhances electric system efficiency to reduce environmental impact. The bill incentivizes electric vehicle use with \$50 million for charging infrastructure, particularly in low-income areas, cutting transportation emissions. Grid-enhancing technologies improve energy efficiency, and a uniform solar capacity tax plus property tax exemptions encourage solar expansion, boosting renewable energy adoption.

## EXPERT PANELISTS



**Jim O'Donnell, Ph.D. - Executive Director, Connecticut Institute for Resilience and Climate Adaption** - Jim O'Donnell is a Professor of Marine Sciences, and Executive Director of the Connecticut Institute for Resilience and Climate Adaptation (CIRCA) at the University of Connecticut. He earned a B.Sc. (Hons) in Applied Physics from the University of Strathclyde and then an M.S. and Ph.D. in Oceanography from the University of Delaware. After two years as a Post-Doc in Applied Mathematics and... Theoretical Physics at Cambridge

University, he joined the faculty at UConn in 1987. Since then, he has been studying the processes that determine the character of the circulation and transport of materials in the coastal ocean using observations and mathematics. Much of his work has focused on Long Island Sound. In 2014 he was appointed to lead the development of CIRCA, an interdisciplinary Institute focused on helping Connecticut's towns and agencies anticipate and adapt to the effects of climate change.

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**Becky Bunnell - Chair, Fairfield Flood and Erosion Control Board** - Becky Bunnell, currently retired, served as the Senior Vice President for product development and marketing for American Express, Black and Decker, and Diageo, with more than 10 years in consulting with the beverage and alcohol industry. She received her BA from Yale College, and MBA from Northwestern University. Becky serves as the Chair of the town's Flood and Erosion Control Board whose role is to work with town staff to construct, reconstruct, and manage the town's flood and

erosion control systems. She also chairs the Food and Waste committee of the Sustainable Fairfield Task Force which works to set up and educate residents on new recycling and waste programs. She additionally chairs YaleBlueGreen, Yale's sustainability and environmental alumni network, and founded Wilton Go Green, a 501(c)3 sustainability organization.

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**Robert LaFrance, Esq. – Director of Policy, National Audubon Society.** Connecticut/New York Office - Robert LaFrance received his JD from Quinnipiac University School of Law (IOLTA Fellow) and BA in Ecology and Economics and from the University of Arizona. Formerly the Director of Governmental Affairs and the Director of Law and Policy for the Environmental Conservation Branch of the Connecticut Department of Energy and Environmental Protection (DEEP). He is an Adjunct Professor of Environmental of Law at Quinnipiac School of Law, an advisor to graduate students at the Yale School of the Environment, and a member of the Dean's Advisory Board of the University of Connecticut's College of Agriculture, Health, and Natural Resources (CAHNR). Prof. LaFrance is a member of the Advisory Board of the Connecticut Office of the Conservation Law Foundation, a member of the Habitat Committee of the Atlantic States Marine Fisheries Commission (ASMFC) and an on-going proxy for Governor's Appointee to the ASMFC. He also served on the Financing and Funding Adaptation and Resilience and the Resilient Infrastructure and Nature -Based Solutions Working Groups of the Governor's Council on Climate Change (GC3).

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**Lt. James Perez. (Ret.) – Fairfield Police Department - Expert in Emergency Service and Public Safety.** James Perez was employed by the Fairfield Connecticut Police Department and has 30 years' experience in Law Enforcement. He recently retired and he has held many positions within the agency including a task force member with the Federal Bureau of Investigation and the Drug Enforcement Administration.

James was recently featured in The Connecticut Network State of CT. Capitol Channel for School Safety. He is a State of Connecticut certified Active Shooter Trainer and was featured by The New York Times regarding his workplace Violence and Active Shooter Programs. He has held the position of Commander of the Special Services Division which oversees police operations, including the Marine Division, Dive Team, Special Agent program, Crash Investigators, Traffic Officers, Animal Control, School unit and fleet management. He also has experience in Terrorism Risk Assessment and has extensive experience in Crime Prevention through Environmental Design or (CPTED).

# ORGANIZATIONS OF INTEREST



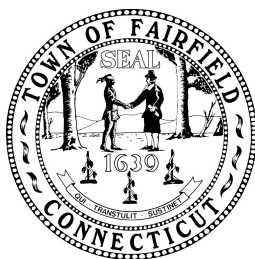
## **Connecticut Institute for Resilience and Climate Adaption** -

CIRCA is a multi-disciplinary, center of excellence that brings together experts in the natural sciences, engineering, economics, political science, finance, and law to provide practical solutions to problems arising as a result of a changing climate. The Institute will help coastal and inland floodplain communities in Connecticut and throughout the Northeast better adapt to changes in climate and also make their human-built infrastructure more resilient while protecting

valuable ecosystems and the services they offer to human society (food, clean air and water, and energy). The Institute will combine the world-class research capabilities of UConn and the progressive policies and practical regulatory experience of the Connecticut Department of Energy and Environmental Protection (CTDEEP) to translate sound scientific research to actions that can ensure the resilience and sustainability of both the built and natural environments of the coast and watersheds of Connecticut.

**Website:** <https://circa.uconn.edu/>. and <https://resilientconnecticut.uconn.edu/>.

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**Fairfield Flood and Erosion Control Board** - The Flood and Erosion Control Board plans, constructs, reconstructs, and manages the town's flood and erosion control system which includes dikes, berms, dams, piping, jetties, sea walls, embankments, tide-gates, revetments, water storage areas, ditches, drains and any other structures or facilities that prevent damage from flood or erosion caused by seawater or fresh water.

**Website:**

[https://fairfieldct.org/government/boards\\_\\_\\_commissions/flood\\_and\\_erosion\\_control\\_board/index.php](https://fairfieldct.org/government/boards___commissions/flood_and_erosion_control_board/index.php).

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**Audubon Connecticut** - A state office of the National Audubon Society, Audubon Connecticut seeks to protect birds and the places they need, today and tomorrow. Audubon works throughout the Americas using science, advocacy, education, and on-the-ground conservation. State programs, nature centers, chapters, and partners give Audubon an unparalleled wingspan that reaches millions of people each year to inform, inspire, and unite diverse communities in

conservation action. A nonprofit conservation organization since 1905, Audubon believes in a world in which people and wildlife thrive. **Website:** <https://ct.audubon.org/>.

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**Ash Creek Conservation Association** - Established in 2003, the Ash Creek Conservation Association (ACCA) is a non-profit environmental organization dedicated to advocating for the protection and restoration of the ecologically fragile Ash Creek tidal estuary, which is one of the few remaining tidal wetland estuaries in an urban area in the country. Additionally, ACCA partners with local, state, and regional organizations that share a common goal to restore and protect the health of surrounding waters and coastal land areas. **Website:** <https://ashcreekassoc.org/>.



**Fairfield Community Emergency Response Team** - The Mission of Fairfield CERT is to assist local emergency management agencies in disaster, crisis and emergency response and to promote safety education, emergency and disaster preparedness in the community. In addition, Fairfield CERT will address the needs (including rescue, care and shelter) of individuals with household pets and service animals prior to, during and following a major disaster or emergency. The role of Fairfield CERT is one of support and the team always operates under the direction of Fairfield Emergency Management.


**Website:**

[https://fairfieldct.org/service/public\\_safety/community\\_emergency\\_response\\_team\(cert\)/](https://fairfieldct.org/service/public_safety/community_emergency_response_team(cert)/)



**Fairfield Sustainable Task Force** - The SFTF provides support for Town practices and projects that can help Fairfield manage its growth to safeguard the health of its environment, ensure the reliability and economical use of its natural resources, and preserve the quality of life of its residents – today and for the future. Sustainable Fairfield meets the second Thursday of the month at Sullivan Independence Hall. The meetings are open to the public. All schedules and locations are subject to change. Please check the Town Meetings Calendar for cancellations or location changes. Please join us in making Fairfield a cleaner, more energy efficient community! **Website:** <https://sustainablefairfield.org/>.

## Past Predictions of Above Average Atlantic Hurricane Season are Common due to Climate Change and Rising Sea Level and Water Temperature - evident by 2024 analysis



**Predicted 2024 Hurricane season**


Current predictions are for an above average  
ATLANTIC Hurricane Season this year

According to NOAA – the season is from June 1 to November 30<sup>th</sup> with the peak on September 10<sup>th</sup> ; most of the activity mid August to mid October

This above average season reflects

- Warmer oceans -fuel more and larger storms
- A La Niña is developing; La Niña years are known to be linked with more, stronger hurricanes in the Atlantic.
- Record breaking ocean temperatures, spiked in March 2023 in the North Atlantic ; Scientists are still studying the causes, but it leads to the warmest ocean temperatures we have seen in years and 2024 is worse

Source: Colorado state University Tropical Weather and Climate Research team



**Typical Hurricane return periods**

Yikes - we are overdue for a big one

HURRICANE RETURN PERIODS IN CONNECTICUT

(Not Including Hybrid Storms Such as Sandy)

CATEGORY	WINDS	RETURN PERIOD	LAST OCCURRED	OVERDUE
CAT. I	74-95 MPH	18 Years	1985	21 years Overdue
CAT. II	96-110 MPH	40 Years	1985	2025 - Next year
CAT. III	111-130 MPH	70 Years	1954	2024 this year
CAT. IV	131-155 MPH	155 Years	< 1851	18 Years Overdue
CAT. V	> 155 MPH	400 Years	< 1851	In 238 Years

Source: Department of Emergency Services and Public Protection  
Division of Emergency Management and Homeland Security

**SOURCE: FAIRFIELD FLOOD AND EROSION CONTROL BOARD**



# **CIRCA Activities to Address the Impacts of Climate Change in Connecticut**

***James O'Donnell***

***Professor, Department of Marine Sciences***

***Executive Director, CIRCA***

***University of Connecticut***

Much of coastal Connecticut has always been vulnerable to the effects of tropical storms, hurricanes and nor-easters (severe cold season storms) and the infrastructure built over the last two centuries was developed knowing that. Infrequent severe storms do severe damage of course and the strategy we have implemented to mitigate risk to humans is to evacuate the most vulnerable areas until the storm is over, and then execute disaster recovery plans with funds from individual property owners, insurance, and emergency recovery grants.

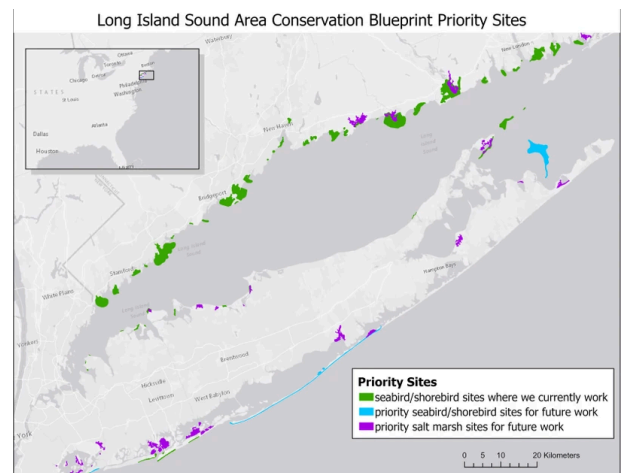
The emerging threat is that higher sea levels in the future will lead to severe flooding more often. We should plan for up to 50 cm or 20 inches higher sea level by 2050 and that will cause coastal water levels that used to be expected once in 10 years, to occur once in 2 years. And the 100-year flood zone could get flooded once a decade. This will obviously lead to more damage and costs, and higher insurance rates. We can be more precise about the expected changes in particular areas and adaptation strategies might be engineered in some. CIRCA is striving to coordinate project development, promote innovative approaches, and the acquisition of funding for implementation. But in most areas, we will probably need to reinforce our emergency evacuation and recovery strategies, develop better planning and zoning policies, and promote ways for individuals to reduce losses and costs. Flood alert networks, Resilience Centers, innovative resilience incentive programs, and coordination of cost-sharing are among the strategies CIRCA is developing.

# A Blueprint for a Healthier Coast in New York and Connecticut

**SOURCE: AUDUBON CONNECTICUT**

Birds are tremendous indicators of ecological health. Declines in air quality were signaled by acid rain effects on Wood Thrushes in the Northeast, and pesticide contamination impacts were shown in declines of Bald Eagles. Our Connecticut-based coastal resilience work uses marsh birds—the Saltmarsh Sparrow in particular—as an environmental mirror for the health of our coastal ecosystems and local communities.

The Long Island Sound and Atlantic Ocean coastlines and their associated marshes, islands and beaches are being squeezed by rising sea levels and human development. The ecosystem is too critical to the health of birds and people not to take action to protect it. It supports almost 25 percent of the Atlantic Coast breeding population of the Piping Plover, nearly 50 percent of the Roseate Tern global population, 12 percent of the Saltmarsh Sparrow global population, and the largest Common Tern nesting colony in the world. And, over seven percent of the entire population of the United States live within a 50 mile radius of the Sound.



Given its global importance and our deep experience working to protect birds and their habitat along the coasts, Audubon is dedicated to building a resilient, healthy Connecticut coast for the future.

Working locally, we are:

- Mobilizing our network to advocate for funding and policies that protect the Sound and critical coastal habitats, like salt marshes;
- Engaging in beach stewardship activities to save birds that rely on the coastal habitats;
- [Leading on coastal resilience solutions](https://ct.audubon.org/conservation/building-stronger-resilient-connecticut-coast), like salt marsh restoration and restoring natural hydrology, to protect birds and coastal communities from storm events and sea level rise.

View more here:

<https://ct.audubon.org/conservation/building-stronger-resilient-connecticut-coast>



# Are You Ready?

An In-Depth Guide to Citizen Preparedness

*P-2064 | September 2020*



FEMA



# Prepare for Disasters

**Not if, but when: Every U.S. state and territory is at risk of disasters.**

Disasters disrupt thousands of lives every year, leaving behind lasting effects on people and property. After a disaster, many others in your community need help as well. For this reason, local first responders and other assistance may not be able to reach you right away. You and your family can take simple steps now to prepare for emergencies. By doing so, you **take back control**—even in the uncertainty of disaster.

This **comprehensive guide** will provide you with detailed information on how best to prepare for disasters within your family and in your community. In this document you will learn general disaster preparedness tips for before, during, and after disasters, as well as best practices to inform your preparedness decisions about **specific disasters**, such as hurricanes, earthquakes, and active shooters.

## Benefits of Planning Ahead

There are many benefits to planning ahead for disasters. The most important benefits are staying safe and helping yourself and your community recover.

1 Ready.gov

People and families that plan for emergencies will:

- Help keep people safe;
- Limit property damage;
- Know what to do during and after a disaster;
- Better manage their savings;
- Support community preparedness; and
- Help their community get back up and running after a disaster.

Taking simple actions to protect against disaster helps you, your family, your community, and your country in important ways.

## How to Prepare for Disasters

To prepare yourself and your family for a disaster, you should: **1) Know Your Risks; 2) Make a Plan; and 3) Take Action.**



### 1. Know Your Risks

**Understand the risks you and your family may face.** Most communities face many types of hazards. It is important to learn the risks specific to your home and the ways to assess your risks if you are away from home. Know how and when to take action before, during, and after different hazards.



### 2. Make a Plan

**Make a communications plan and prepare for both evacuating and sheltering.** Prepare for your family's unique needs with customized plans and supplies. In addition, use your social networks to help friends and family members prepare and participate in community-wide disaster preparedness activities. Moreover, you should gather emergency supplies and secure the information and important documents you will need to start your recovery



### 3. Take Action

**Put your plan into action.** Be ready and able to face disasters, no matter where you are and when they occur. It is important to get the insurance you need and understand your coverage options. Moreover, you should make a list of your personal property and its condition and protect your property by considering how to minimize damage. Practice your disaster plans, take advantage of existing alert and warning systems, and explore ways to serve your community.



A key first step in disaster preparedness is understanding the types of hazards prevalent in your community. To do this, visit your state and local government's emergency management websites to look for more information about the common types of disasters and whether disaster plans exist for your area. If available, you should also sign up for your community's alert and warning systems which can notify community members of impending disasters or of actions to take following a disaster. Lastly, talk to your friends and neighbors to understand the types of emergencies they are preparing for and what actions they take to prepare.



Do you know what types of disasters are most likely to happen in your community?

## Basic Protective Actions for all Disasters

There are proven measures or “**protective actions**” that you can take to protect your family and property **before, during, and after a disaster**. The better we as a Nation understand these measures, the more lives we can protect and save.

These important actions will help keep you prepared for all disasters:

- Have the skills to **assess the situation** quickly and to take effective action to **protect yourself**.
- Get involved with preparedness **training** and **volunteer** programs.
- Put together an **emergency fund** of cash and supplies.
- **Decrease the potential impacts** of hazards.
- Prepare a **family disaster plan** and practice the plan.

Remember to be inclusive in your disaster planning and consider the needs of children, the elderly, and those with disabilities or access and functional needs. Also, be sure to consider the transportation needs for you and your family, recognizing that a disaster may impact normal route and transportation methods. Finally, you should also make sure to plan for your pets and service animals, which are frequently overlooked in disaster planning.

Many disasters happen with little or no warning. You need to be ready with the appropriate skills and knowledge to act immediately—often before you have instructions from authorities. After an event, it is important to first assess the situation before deciding to stay or change your location.



# Financial Preparedness

- ❖ **Safeguard important documents.** Gather financial, household, and medical documents using the Emergency Financial First Aid Kit (EFFAK) as a guide to assist in securing critical information. Download a copy of the EFFAK from [FEMA.gov](https://www.fema.gov).
- ❖ **Save money for a rainy day.** Saving money and maintaining an emergency fund are smart practices that put you in a position to help yourself, your loved ones, and your community after a disaster. Set aside a certain amount of money each month or each pay period to add to your emergency reserve. You can use this reserve to help pay for rental, home, and/or flood insurance, and to purchase life-saving items like food, shelter, and water in an emergency.
- ❖ **Establish a cash-in-hand reserve.** During disasters, you may experience extended power outages, the closing of banking institutions and limited or no access to credit cards and ATMs. To be prepared, you should keep cash on-hand in an easily- accessible but secure location. Keep a mixture of bills including ones, fives, and tens, with the highest bill being a twenty, to eliminate the challenge of finding change during an emergency.
- ❖ **Know your insurance coverage.** Having insurance for your home, apartment, or business will help you repair, rebuild, or replace damage that occurs during a disaster. Review your insurance policies periodically and make sure they cover your needs. Your coverage may need to include additional policies for floods, earthquakes, water damage, tornadoes, or high winds in hurricane-prone areas. Learn more at [FloodSmart.gov](https://www.floodsmart.gov).
- ❖ For additional resources and information, read the accompanying Hazard Information Sheets or visit [Ready.gov/be-informed](https://www.ready.gov/be-informed). To find supplementary information on financial preparedness, visit [Ready.gov/financial-preparedness](https://www.ready.gov/financial-preparedness).



# Flood

- ❖ **When you come across flooded roadways:** Turn Around, Don't Drown®. Six inches of moving water may be enough to knock you off your feet. As little as 12 inches of moving water may lift a small vehicle. Flood water depth is hard to determine and may contain hidden, dangerous debris.
- ❖ **Find out the type of flood risk(s) likely for your area.** Depending on the specific location and type of flooding, plan for your evacuation, shelter, or move to a higher location nearby.
- ❖ Take action to make sure your home or business buildings are prepared for floods. Elevate the structure of new construction according to local floodplain management guidelines, so floods are less likely to damage it. Elevate critical utilities and waterproof basements. Move furniture, valuables, and important documents to a safe, elevated place.
- ❖ **Purchase flood insurance.** Standard insurance policies do not cover flooding.
- ❖ **If told to evacuate, do so immediately.** Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- ❖ **Seek high ground right away if you expect flooding.**
- ❖ **If trapped in a building, go to the highest level of the building.** Avoid basements and lower floors, but do not climb into a closed attic, as you may become trapped there if floodwater rises. Go onto the roof only if necessary. Signal for help.
- ❖ After a flood, avoid wading in floodwater, which can contain dangerous debris and be contaminated.
- ❖ Underground or downed power lines can also electrically charge the water.
- ❖ Do not go into flooded buildings until an authority figure tells you it is safe to do so.
- ❖ Use protective clothing like safety goggles, work gloves, hard hats, and waterproof boots when cleaning up after a flood. Be aware that snakes and other animals may be in your house.
- ❖ Use a generator or other gasoline-powered machinery only outdoors and away from windows.
- ❖ **Be aware of the risk of electrocution.** Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.



# Hurricane

- ❖ Before hurricane season begins, make plans for both evacuation and sheltering in place.
- ❖ Become familiar with your evacuation zone, the evacuation route, and shelter locations.
- ❖ Practice going to a safe shelter for high winds, such as a safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.
- ❖ **Gather needed supplies for at least three days.** Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- ❖ Keep important documents in a safe place or create password-protected digital copies.
- ❖ **Prepare your home for both high winds and possible flooding.** Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Trim or remove damaged tree limbs on your property. Review insurance policies.
- ❖ **Prepare your home for both high winds and possible flooding.** Inspect your roof, windows, and doors to ensure they work properly. Trim or remove damaged tree limbs on your property.
- ❖ If told to evacuate, do so immediately. Do not drive around barricades.
- ❖ **If trapped in a building by flooding, go to the highest level of the building.** Do not climb into a closed attic. You may become trapped by rising flood water.

# What's in your "Go Bag"? Community Emergency Response Team



## Food Items

- Ready-to-eat canned meats, fruits, and vegetables
- Canned, juices, milk, soup
- Sugar, salt, pepper
- High-energy foods (Peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons, or persons on special diets
- Comfort and stress foods (Cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags)

## Kitchen Items

- Manual can opener
- Mess kits or paper cups, plates, and plastic utensils
- All-purpose knife
- Small cooking stove / cooking fuel
- Trash bags
- Household liquid bleach to treat drinking water
- Aluminum foil and plastic wrap

## Disaster First Aid Kit

- First aid manual
- Two-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Needle
- Antibacterial ointment
- Assorted sizes of safety pins
- Non-latex exam gloves
- Four-inch sterile roller bandages
- Sunscreen
- Tweezers
- Aspirin or non-aspirin pain reliever
- Antacid (for upset stomach)
- Laxatives

## What's in Your Go Bag?

When the going gets tough the tough get going. Personal preparedness and resiliency is community resiliency. We are here to help.

Information provided is meant as a starting point and a resource. Each family and individual may have different requirements for their own preparedness needs.

## Sterile adhesive bandages

- Four-inch sterile gauze pads
- Triangular bandages
- Moistened towlettes
- Thermometer
- Tube of petroleum jelly or other lubricant
- Cleaning agent/soap
- Cotton balls
- Three-inch sterile roller bandages
- Scissors
- Hot and cold compress
- Anti-diarrhea medication
- Allergy medication
- Tourniquet

## Disaster Tool Kit

- Emergency preparedness manual\*
- Battery-operated weather radio and extra batteries
- Tube tent
- Duct tape
- Matches in a waterproof container
- Plastic storage containers
- Paper, pencil\*
- Work gloves
- Flashlight and extra batteries\*
- Fuel for vehicle and generator
- Plastic sheeting
- Non-sparking shut-off wrench to turn off household gas and water
- Pliers
- Compass\*
- Fire extinguisher (small ABC type)
- Signal flare(s)\*
- Needles, thread
- Medicine dropper
- Whistle
- Land line telephone

## Personal Items

- Toilet paper, towlettes\*
- Feminine supplies\*
- Household chlorine bleach
- Disinfectant
- Plastic garbage bags, zip-ties
- Soap, liquid detergent\*
- Personal hygiene items\*
- Plastic bucket with tight lid
- Liquid hand sanitizer

## Medication and medical records

- (stored in a waterproof container)
- Copies of prescriptions and/or original prescription bottles
- Heart/Blood Pressure Medications
- Contact Lens supplies
- Insulin
- Denture and oral hygiene needs
- Eyeglasses

## Household Documents and Contact Numbers

- (stored in a waterproof/fireproof container)
- Current photos of family members
- Emergency contact list and other important phone numbers
- Personal identification,
- Cash, including change
- credit card
- Physical and electronic copies of important documents: birth certificates, marriage certificate, driver's license, Social Security cards, passports, wills, deeds, inventory of household goods, insurance papers, contracts, immunization records, bank and credit card account numbers, and stocks and bonds.

- Extra set of car keys and house keys
- Map of the area and phone numbers of places you could go

## Items for Infants

- Formula, Bottles, Medications, Diapers, Binkys, entertainment

## All Family Members

- Entertainment/games
- Personal comfort item

## Don't Forget Your Pets -

- Food, potable water, bowls, cat litter, pan, can opener
- Pet beds and toys, if easily transportable
- Information on feeding schedules, medical conditions/behavior problems
- Pet First Aid Kit
- Current photos of your pet in case they get lost

- The name and number of your veterinarian in case you have to foster or board your pets
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape

**For more detailed information on disasters and emergencies, building a kit, making a plan, preparedness for kids, teens, families, educators and organizations visit: [www.ready.gov](http://www.ready.gov)**



# **STATE OF CONNECTICUT TOOLS & RESOURCES**

## **CT Division of Emergency Management & Homeland Security**

Website: <https://portal.ct.gov/demhs>

### **Connecticut Resources for Officials**

The resources located in the menu of this section were compiled for public and private sector officials involved in or interested in emergency management in Connecticut. These resources are organized across the key mission/focus areas of the Connecticut Division of Emergency Management and Homeland Security.

<https://portal.ct.gov/demhs/emergency-management/resources-for-officials/resources-for-officials>

### **Connecticut Resources for Individuals**

Before, during or after an emergency or disaster situation, it is important that you and your family prepare for different types of hazard situations. Making an emergency plan and knowing what to expect after a large-scale event ensures you are safe and can recover as soon as possible. The resources in this section are designed to assist you in ensuring you remain safe during a disaster situation.

<https://portal.ct.gov/demhs/emergency-management/resources-for-individuals/resources-for-individuals>

## **CT Department of Energy & Environmental Protection**

Website: <https://portal.ct.gov/deep>

### **Climate Change**

A longtime leader on climate change, Connecticut strives to develop and support forward-thinking climate-related policies and legislation, as well as participate in groundbreaking regional initiatives. Addressing climate change in a meaningful way presents residents, businesses, non-profits, and municipalities the opportunity to create, evolve, and maintain a sustainable environment, a robust economy, and a higher quality of life for current and future generations.

<https://portal.ct.gov/deep/climate-change/climate-change>

# ADDITIONAL TOOLS & RESOURCES

## PANEL NOTES

<p><b>Town of Fairfield</b>  <a href="http://www.fairfieldct.org">www.fairfieldct.org</a>  Sign up, on the website, for <b>Fairfield Alert</b>, an emergency alert system  Text 'FairfieldCT' to 888777 or  <a href="http://www.fairfieldct.org/alerts">www.fairfieldct.org/alerts</a></p> <p><b>Bigelow Center for Senior Activities</b>  <a href="http://www.fairfieldct.org/bigelowcenter">www.fairfieldct.org/bigelowcenter</a>  203-256-3166</p> <p><b>Community Resource Directory</b>  <a href="http://www.fairfieldct.org/service/human_and_social_services_department/community_resource_directory.php">www.fairfieldct.org/service/human_and_social_services_department/community_resource_directory.php</a></p> <p><b>Fairfield Animal Control</b>  <a href="http://www.fairfieldct.org/animalcontrol">www.fairfieldct.org/animalcontrol</a>  203-254-4857</p> <p><b>Fairfield Fire Department</b>  <a href="https://cms3.revize.com/revize/fairfieldct/FireDispatcherNon-Emergency">https://cms3.revize.com/revize/fairfieldct/FireDispatcherNon-Emergency</a>:  203-254-4700  Fire Department Administrative Office:  203-254-4713</p> <p><b>Fairfield Health Department</b>  <a href="http://www.fairfieldct.org/health">www.fairfieldct.org/health</a>  203-256-3020</p> <p><b>Fairfield Police Department</b>  <a href="http://www.fpdct.com">www.fpdct.com</a>  Emergency: 9-1-1  Non emergency: 203-254-4800</p> <p><b>Poison Control</b>  1-800-222-1222 (toll free, 24-hour)  <a href="http://www.poison.org">www.poison.org</a></p>	<p><b>State &amp; National Organizations</b>  <b>State of CT</b>  <a href="https://portal.ct.gov/CTPrepares">https://portal.ct.gov/CTPrepares</a>  Connecticut's Emergency Management News and Resource Center  Sign up for CT Alert  Emergency Checklists  Emergency Contacts</p> <p><b>CT Division of Emergency Management and Homeland Security</b>  <a href="https://portal.ct.gov/demhs">https://portal.ct.gov/demhs</a></p> <p><b>American Red Cross</b>  <a href="http://www.redcross.org">www.redcross.org</a>  The American Red Cross website is full of excellent tips and information related to most of the natural disasters that occur, including a few topics not covered at FEMA's Ready.gov website.</p> <p><b>CDC</b>  <a href="http://www.pandemicillu.gov">www.pandemicillu.gov</a>  The Centers for Disease Control and Prevention (CDC) established this website as a hub for national information on pandemic influenza</p> <p><b>FEMA</b>  <a href="https://community.fema.gov">https://community.fema.gov</a>  A New Way to Experience Your Preparedness Journey  <a href="https://www.ready.gov/community-emergency-response-team">https://www.ready.gov/community-emergency-response-team</a>  Resources, trainings, and information about the CERT program.</p> <p><b>Ready.Gov</b>  <a href="http://www.ready.gov">www.ready.gov</a>  FEMA's national website for disaster preparedness. Provides excellent, general advice and is a good place to start.</p>	<p><b>Apps to Download</b>  American Red Cross - Emergency: Severe Weather App  Download from your favorite app store or text: "GETEMERGENCY" to 90999</p> <p><b>CT Prepares Mobile App</b>  <a href="https://portal.ct.gov/CTPrepares">https://portal.ct.gov/CTPrepares</a>  The Connecticut Emergency Preparedness Mobile Application will allow Connecticut residents to access emergency information and alerts on the go in the event of an emergency. Connecticut residents would be able to create interactive emergency kits, customize family communication plans, and view preparation guides on what to do in an emergency all from their mobile device.</p> <p><b>CT Safe Mobile App</b>  <a href="https://portal.ct.gov/CTPrepares/Stay-Informed">https://portal.ct.gov/CTPrepares/Stay-Informed</a>  The CT Safe Mobile App allows citizens of Connecticut to report on suspicious activities within their communities. Connecticut citizens can view and select suspicious activities from a list of pre-defined activities, elect the appropriate activity, and generate an email to the Connecticut Intelligence Center (CTIC).</p> <p><b>FEMA Mobile App</b>  <a href="http://www.fema.gov/about/news-multimedia/mobile-products">www.fema.gov/about/news-multimedia/mobile-products</a>  Allows you to receive real-time weather alerts, locate emergency shelters in your area, prepare for common hazards, and more.</p> <p><b>Zello</b>  <a href="http://www.zello.com">www.zello.com</a>  Zello is a walkie-talkie right on your phone. Users can send short audio messages to one another. Two options are available, one for personal use in an emergency and another for work. Emergency responders can connect cheaply and quickly, and community groups can also connect easily.</p>	<p><b>Local Power Company and Utilities Contacts</b>  <b>Aquarion</b>  800-732-9678  <a href="http://www.aquarionwater.com">www.aquarionwater.com</a>  Sign-up for emergency and outage alerts</p> <p><b>Frontier</b>  Residential: 800-921-8101  Commercial: 800-921-8102  <a href="http://www.frontier.com">www.frontier.com</a>  Outage information and online account access</p> <p><b>Optimum</b>  866-950-3278  @OptimumHelp  <a href="http://www.optimum.net">www.optimum.net</a>  Sign-up for service alerts or chat online</p> <p><b>Southern CT Gas Company</b>  800-659-8299  <a href="http://www.socongas.com">www.socongas.com</a>  If you smell gas, leave your house and call 9-1-1</p> <p><b>United Illuminating</b>  Report an outage at: 800-722-5584  For outage alerts text REG to 839884 or visit: <a href="http://www.uiinet.com">www.uiinet.com</a></p>
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