

The Official Emergency Town Guide for:

Branford
East Haven
Guilford

EMERGENCY²⁰¹² Preparedness GUIDE



Center for Emergency Preparedness
and Disaster Response



YALE NEW HAVEN
HEALTH



YALE-NEW HAVEN
SHORELINE MEDICAL CENTER

East Haven Courier | Guilford Courier | The Sound

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Publisher
Lisa Miksis

Contributing Editor
Sunny Bosco

Production Staff
Jennifer Corthell
Chris Dobbins
Corey Hutchison
Julie Eckart Johnson

Advertising Director
Robyn Collins

Advertising Staff
Lindsay Braun
Nicole Brinn
Denise Forrest
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Your Preparedness Plan

Where to Go in an Emergency

Write down where your family spends the most time: work, school, and other places you frequent. Schools, daycare providers, workplaces, and multi-family dwellings should all have site-specific emergency plans. Learn about the emergency response plans of your local municipality, including your local health department or health district. Radio and television stations often provide the best source of timely and accurate information during an emergency.

Create an Emergency Communication Plan

Record the following and share this information with your loved ones:

OUT OF AREA CONTACT

Name:
City: State:
PH # (day):
PH # (evening):
CELL #:

LOCAL CONTACT

Name:
City: State:
PH # (day):
PH # (evening):
CELL #:

NEAREST RELATIVE

Name:
City: State:
PH # (day):
PH # (evening):
CELL #:

FAMILY WORK NUMBERS

Mother:
Father:
Other:

UTILITIES

Electric Co:
Gas Co:
Water Co:
Telephone Co:
Cable TV Co:

SCHOOL

Address:
PH #:

OTHER

Address:
PH #:

OTHER

Address:
PH #:

ADDITIONAL IMPORTANT INFORMATION

Doctors:
.....
.....
Pharmacist:
Medical Insurance:
SS Numbers:
Local Health Department/District:
Veterinarian:
Home/Rental Insurance
Name:
PH #:
Policy #:



The American Red Cross provides lifesaving emergency preparedness training and disaster relief to Connecticut citizens. Its disaster relief services are carried out primarily by volunteers and are free of charge. It is also the main provider of blood and blood products to Connecticut's 31 hospitals.

Courtesy of the American Red Cross



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Taming your outside world

After the Storm...

How to Prepare Your Family

Staff Report

After enduring two major storms in 2011, the shoreline has weathered a lot. But there could be more ahead, and experts agree it's best to be prepared.

"The overall feeling is that disasters are going to continue to happen in most areas," said John Pelazza, Program Manager of Emergency Management at the Yale New Haven Center for Emergency Preparedness & Disaster Response. "It's only about when."

Dennis Johnson, Director of Health for the Town of Guilford, agrees. Both say it's vital to prepare ahead of time for any emergency—whether you're sheltering in your own home or evacuating to a town facility. That includes being aware of several potential dangers, including downed power lines, generator issues, food spoilage, and more:

Avoid power lines. "When power lines are down, consider that all wires can be dangerous," Johnson said. "Even lines that are de-energized can become energized at any time, so always observe the minimum distance from any wire. A live wire can cause electricity to travel through the ground, so stay clear." If you see a downed wire, call 911 immediately. And, if you're in your car and a power line falls on the vehicle, stay put. "Use your cell phone to call for help," Johnson said, adding that other times to be aware of power lines include during storm cleanup. "Electricity can travel through limbs, especially if they're wet. If you're cleaning up after a storm, make sure no power lines are down on your property," Johnson said.

Observe generator safety. When the power's out, many of us turn to generators to power our homes. But remember that a generator should always be installed by a qualified electrician at a safe distance from your house to avoid Carbon Monoxide (CO) danger. "CO is heavy and will tend to sink and seep into doors and cracks and windows, so make certain that generators are at least 25 feet away from your house," Johnson said, adding that generators should never be placed inside a structure. For a full list of generator safety rules, see page 12.

Stay in touch. In the event of an emergency, our first thoughts go to our loved ones. Pelazza advises that all families devise a method for communicating with each other during a disaster. He suggests setting up a primary meeting location, either your home or a location in another town in the event your home is inaccessible. "It's somewhere everyone can congregate or know where to meet in the event they get separated," Pelazza said.

Stay informed. Call your local health department to find out what facilities—such as shelters with showers, meals, or cell-phone charging stations—are set up in your town. A cell phone may be your only means of communication, so keep a car charger available for your cell phone. In the event that evacuation orders are issued to your community, it's important to comply.

Pack a storm kit. Whether you're preparing for a weather emergency or an emergency of another kind, it's a good idea to keep certain essentials on hand. According to Pelazza, that means a ready supply of food, batteries, flashlights, and water in your home or, if you're evacuating, clothing, money, travelers checks, important documents, medications, or even pet food or diapers if applicable. Some indispensable items for your storm kit include a first-aid kit with bandages and antimicrobials, a flashlight, a personal thermometer, batteries and wind-up battery chargers, scissors and tweezers, a whistle, hand sanitizer, tools such as a wrench or pliers, a manual can opener, a battery-operated radio, a flashlight, and enough non-perishable food and water (plan to use two gallons per day per person) to last your family at least three days.

Check your water. If you have well water, your tap runs dry when the power goes off. That means you need to make sure your water is safe again when the power comes back on. Here's how to tell: "If your well casing has not been flooded with flood water, your well is considered safe," Johnson said. "City water is safe to drink because that is continuously disinfected." If you're not sure your water is safe to drink, boil it for a full minute, allow it to cool, and store it in clean containers.

Guard against food spoilage. As soon as the lights go out, many of us think first of what's in the fridge and how to save it from spoiling. Johnson advises keeping your refrigerator door closed to maintain the cold temperature inside. An unopened refrigerator will stay cold for four hours, a full freezer for about 48 hours, provided the door remains shut. If you know you'll be without electricity for some time, Johnson suggests purchasing dry or block ice to keep your food cold. Or even freezing jugs of water ahead of time. Fifty pounds of ice will keep your food cold for two days, "but even food will warm up eventually, so make certain you have a thermometer in the refrigerator. If any food has been above 40 degrees, you need to discard it." Check that frozen food is safe to eat by looking for ice crystals. If you see them, it's safe to eat, even if the food is soft.

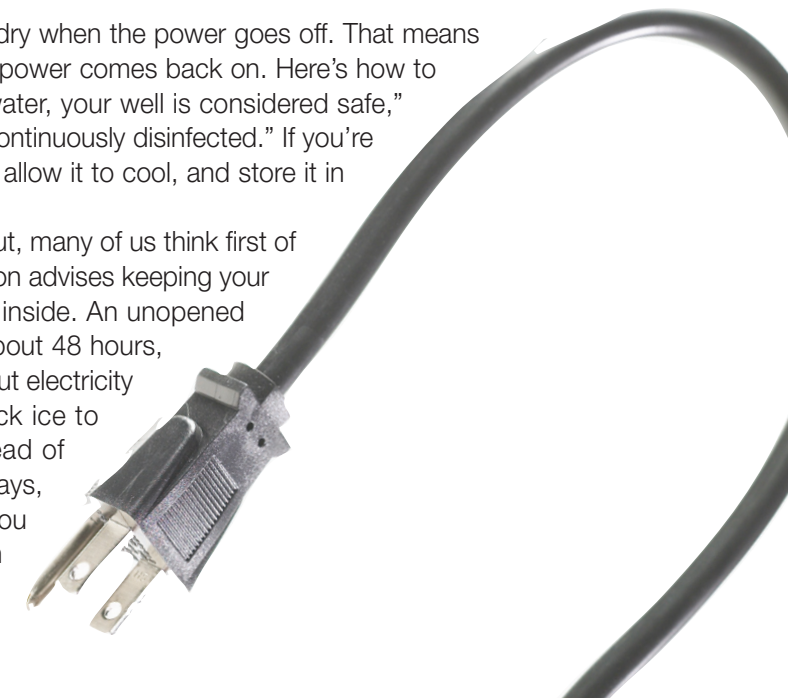
Grill outdoors only. Johnson warned that cooking with a grill indoors can also cause a CO hazard. A common misconception, he said, is that placing the grill in a fireplace provides adequate ventilation. Not true, he said. "The smoke settles into your house," he said, adding that all grills must be used in an open, ventilated area.

Be prepared for anything. Pelazza, a paramedic, recommends that everybody know certain skills, such as basic first aid and the basics of CPR. "You never know where you're going to be and who you're going to be with, but in the event that someone does collapse and it's a family member, CPR is something everyone should know."

If you're ill or have special needs...

"It's all about planning," Johnson said. "If you're being warned a week in advance that a hurricane or potential flood is coming, try to stock up on extra containers of oxygen."

That planning might also include filling extra prescriptions or even obtaining a generator if you have a medical device that requires electricity. Pelazza suggested contacting your oxygen provider before an emergency. "Find out how they will take care of you during a disaster," he said.



continued on next page

Quiz

If It Happened Tomorrow, Are You and Your Family Prepared?

If a disaster event such as Hurricane Irene or Winter Storm Alfred struck your community again, would you and your family be prepared to sustain yourselves for up to 72 hours? Take the quiz below to learn how you may need to prepare more for the next event.



1. Does your community have an emergency or disaster plan?
 - a. Yes
 - b. No
 - c. Don't know
2. Do you currently have a preparedness plan for your pet(s) if applicable?
 - a. Yes
 - b. No
3. In the last year, have you prepared a small kit with emergency supplies that you keep at home, in your car, or where you work to take with you if you had to leave quickly?
 - a. Yes
 - b. No
4. Do you have a weather-radio to keep up-to-date on alerts?
 - a. Yes
 - b. No
5. In the last year, have you established a specific meeting place to reunite in the event you and your family cannot return home or are evacuated?
 - a. Yes
 - b. No
6. Do you have an alternative heating source (e.g., fireplace, generator, etc.)?
 - a. Yes
 - b. No
7. Do you have battery-operated smoke and carbon-monoxide detectors in your home?
 - a. Yes
 - b. No
8. Do you have cash available if banks or ATMS are not available for a period of time?
 - a. Yes
 - b. No

Answer Key

If you answered yes, then you are aware of how to prepare for an emergency. For every answer that you answered no, please take time to prepare you and your family. For guidance on how to prepare, please see the Yale New Haven Center for Emergency Preparedness and Disaster Response Emergency Kit and “PEACE of Mind” guidance found in this emergency preparedness guide.

Content was adapted by www.ready.gov.



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✓ EMERGENCY PREPAREDNESS KIT



Water, food, and clean air are essential items for survival. Each individual or family emergency kit should be customized to meet your family's specific needs, such as medications and infant formula. It should also include important family documents.

The Yale New Haven Center for Emergency Preparedness and Disaster Response encourages you to use the following checklist to provide you with “PEACE” of mind. Your emergency preparedness kit ensures you are ready at home or at work in case a disaster strikes.

The following supplies are recommended for your home or work emergency preparedness kit:

- ☐ Water, one gallon per person per day, at least a three-day supply
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Scissors and tweezers
- ☐ Dust mask or cotton t-shirt to help filter air
- ☐ Moist towelettes for sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Manual can opener for food

For more information, please visit www.ynhhs.org/emergency • center@ynhh.org


Other items for your kit include:

- ☐ Plastic sheeting and duct tape to shelter-in-place
- ☐ Infant formula and diapers
- ☐ Pet food for your pet(s)
- ☐ Garbage bags and plastic ties for personal sanitation
- ☐ Analog phone/landline
- ☐ Emergency reference material such as a first aid book or a copy of this list
- ☐ Rain gear
- ☐ Mess kits, paper cups, plates, plastic utensils and paper towels
- ☐ Cash, traveler's checks and change
- ☐ Fire extinguisher
- ☐ Tent
- ☐ Compass
- ☐ Matches in a waterproof container
- ☐ Signal flare
- ☐ Paper and pencil
- ☐ Prescription medications
- ☐ Medicine dropper
- ☐ Feminine supplies
- ☐ Personal hygiene items
- ☐ One complete change of clothing and footwear per person
- ☐ Disinfectant
- ☐ Household bleach
You can use bleach as a disinfectant (dilute 9 parts water to 1 part bleach) or to purify water (use 16 drops of regular household liquid bleach per gallon of water). Do not use scented, color-safe or bleaches with added cleaners.
- ☐ Important family documents
Keep copies of important family records such as health records, birth certificates, passports, insurance policies, identification and bank account records in a waterproof, portable container.



DISASTERS ARE INEVITABLE....YOUR RESPONSE IS NOT.

Will you be ready if disaster strikes?
Prepare yourself and your loved ones for an emergency and have
“PEACE of Mind”

Personal/Family Preparedness Plan	
	
P	<p>Prepare and review your personal/family preparedness plan</p> <ul style="list-style-type: none">Meet with your family to discuss the types of disasters that could occur and how you will respondFamiliarize yourself and your family with your home’s evacuation plan, your town’s evacuation routes and nearby evacuation shelters
E	<p>Create an emergency preparedness kit</p> <ul style="list-style-type: none">Water, food and clean air are essential items for survival. Each individual or family kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.
A	<p>Arrange for the care of others</p> <p>If unable to get home during a disaster, ensure the care of your dependents:</p> <ul style="list-style-type: none">Familiarize yourself with work and children’s school emergency plansMake plans for children, elders and pets in case you cannot get home
C	<p>List contact numbers and locations</p> <p>Plan how your family will stay in contact if separated by disaster:</p> <ul style="list-style-type: none">Pick two meeting places: a location a safe distance from your home in case of fire and a place outside your neighborhood in case you cannot return homeChoose an out-of-state friend as a “check-in contact” for everyone to call
E	<p>Exercise and evaluate your plan every six months</p> <p>Emergency plans and supplies should not sit on a shelf gathering dust. Practice and maintain your plan:</p> <ul style="list-style-type: none">Hold emergency drills with all household members at least two times each yearShow each family member how and when to turn off the utilities (water, gas and electricity) at the main switches

For more information, please visit
www.ynhhs.org/emergency • center@ynhh.org



DISASTERS ARE INEVITABLE....YOUR RESPONSE IS NOT.

Plan to Stay in Business.

In order to keep your business running during a disaster, you should plan in advance to manage any emergency situation. A business continuity plan can help you assess the emergencies that are most likely to affect your business and develop common sense approaches to making the most of your available resources when your business may be most vulnerable. Planning in advance of a disaster helps to ensure that you can take care of not only yourself and your family, but also your employees, and provides a roadmap to guide your business through the disaster and a potentially lengthy recovery process.

- ▶ **Be Informed**
Know what kinds of emergencies and disasters might affect your company.
- ▶ **Be Prepared**
Consider these strategies for your business:
 - **Continuity Planning**
Carefully assess how your company functions, both internally and externally, and consider the steps to take so your business can continue operating during an emergency.
 - **Emergency Planning**
Your employees and co-workers are your business’s most important and valuable asset. Consider how you can help them prepare for and recover from a disaster.
 - **Emergency Supplies**
Think about the basics of survival: fresh water, food, clean air and warmth. Consider how you can make them available for your business during a disaster.
 - **Deciding to Stay or Go**
Business owners may need to shelter-in-place or evacuate all staff. Plan for both possibilities.
 - **Fire Safety**
Fire is the most common of all business disasters. Establish a fire evacuation plan.
 - **Infection Precautions**
Protect yourself and your employees from seasonal and H1N1 influenza by receiving your influenza vaccine(s). Consider having hand sanitizers and tissues available for your employees to help stop the spread of infections.

Content adapted from www.ready.gov/business.
Contact the Yale New Haven Center for Emergency Preparedness and Disaster Response for more information about preparing your business for an emergency.



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Don't Wait – Communicate!

Medical emergencies happen every day. Following the suggestions below can help save lives when only minutes may spell the difference between life and death.

- 1 Right now, make sure your house is clearly numbered. If it's not, check with your local authorities for specific requirements or recommendations.
- 2 If a medical emergency or injury occurs, call 911 immediately.
- 3 Clearly tell the 911 communicator answering the phone that you need emergency medical assistance, and describe as best you can the type of emergency that has occurred, such as a heart attack, broken leg, etc.
- 4 Provide the location of the emergency and, when possible, the nearest cross streets to make it easier for the responders to find you.
- 5 Stay on the phone until the 911 communicator tells you that it is okay to hang up.
- 6 If you are willing and feel that you can help the victim until the responders arrive, ask the 911 communicator for instructions on what to do.
- 7 If possible, send someone outside to flag down the emergency vehicles and direct them to your location. At night, turn on outside lights to make it easier for emergency responders to locate you.
- 8 While waiting for the responders, gather together any medication the victim may be taking. If you have time, write down the names of the medications and the prescribed dosage.

Remember, time may be of the essence. Don't Wait – Communicate!

Contact the Yale New Haven Center for Emergency Preparedness and Disaster Response for more information about preparing for an emergency.



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Emergency Preparedness Reminder:

After multiple weather related catastrophes and lengthy power outages in 2011, families and businesses shouldn't be strangers to the need for a good emergency preparedness and recovery plan.

We wanted to take this opportunity to remind everyone about the importance of constructing a plan for your family and your business.

If you haven't already, please take time to visit www.ready.gov to access resources that can help you tailor a plan to the needs of your family and your business.

This website has a wealth of tools and information that can make this task easy for you.

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Below are a few additional considerations that we recommend.

- Families with children should familiarize themselves with their daycare or school's emergency plans.
- Find out your town's emergency plan, evacuation routes, notification system, and what resources they will make available in case of an emergency.
- People who require power for medical or other assistive devices should consider in advance how they will maintain the use of these devices in the event of a power outage.
- Speak with one of our insurance professionals today by calling (203) 481-2684 to review your protection. We can help you determine whether your current insurance coverage will adequately protect you from any potential losses related to natural disasters, as well as other risks you may face.

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Generator Safety Rules

Most of us can remember a time when we were afraid of the dark.

Perhaps that's why, when the power goes out, we feel so helpless.

But even if you're all grown up, chances are you don't like losing power, and may have even considered using a generator to power your home.

If you have, it's important to keep in mind a few safety tips.

The first and most important step, said Mitch Gross, spokesperson for Connecticut Light & Power, is to report a power outage to your provider.

"Don't assume your neighbors have called," Gross said. "Your calls paint a much clearer picture as to what's going on in your particular area."

Making that call, Gross said, might even help your lights come back on faster.

But if it doesn't, and you do opt to install a generator, you'll need a licensed electrician to install the device.

Using a licensed electrician is the only way you can be assured your generator is properly wired.

"You need to be sure any power that's produced doesn't backfeed into the electric lines, which could endanger the lives of utility workers. Proper installation is also necessary to prevent a possible house fire," Gross said.

Chief Doug Jackson of the East Haven Fire Department agreed.

"Voltage traveling back down the line beyond the house is dangerous to first responders, power company workers, and others, along with the associated liability," said Jackson.

Another concern is the potentially toxic exhaust produced by generators.

"Exhaust from any portable generator can be deadly," Gross said. "Never use a generator indoors or in an enclosed space such as a garage, basement, or porch."

In fact, most experts recommend that a generator be installed as many as 25 feet from your house, and never inside a structure.

Jackson recommended that users protect a generator from the weather and elements, and make sure it's not exhausting with any proximity to open windows or air conditioning units.

All of these rules can be confusing, so it's best to have a professional take care of things.

"True proper installation requires a licensed electrician, planning on what circuits and devices need to be powered along with figuring loads, installing a generator panel that is powered either by line voltage or a generator, but not capable of connecting the two together," Jackson said.



continued on next page

Connecticut Light & Power also recommends the following:

- Use a generator only to power essential items.
- To avoid deadly carbon monoxide risk, never use a generator indoors or in any partially enclosed area.
- Always turn off your generator when you leave home or go to sleep.
- Before shutting off your generator, turn off any items powered by it.
- Do not connect your generator directly to your home's wiring.
- To avoid exposing electrical workers to potentially deadly "backfeed", ask a qualified electrician to install your generator using a transfer switch.
- Keep children and pets away from the generator at all times.
- Follow manufacturer's operating instructions.
- Properly ground the generator.
- Use proper power cords: Do not use extension cords with exposed wires or worn shielding. Use only heavy-duty, outdoor-rated power cords with an adequate wire gauge.

Generator safety tips reprinted with permission of Connecticut Light & Power.



Call 911 to report downed power lines.
Photo by Lisa Miksis

ALWAYS Remember...

- Don't go near fallen power lines.
- Never try to move a fallen power line yourself.
- To report a fallen power line, call 911.
- To report a power outage, call Connecticut Light & Power at 800-286-2000.
- Never touch or go near any electrical equipment.

We Need You! Become A Volunteer!

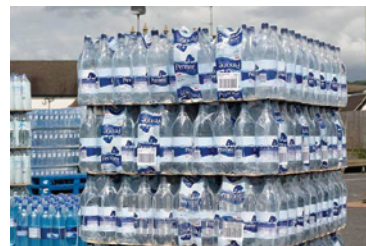


During public health emergencies, locations such as emergency shelters and mass vaccination centers will be staffed with members of the Shoreline Medical Reserve Corp (MRC). The past year has seen the Shoreline MRC's volunteers respond to Tropical Storm Irene, and Winter Storm Alfred. The Shoreline MRC is a dedicated group of volunteers whose mission is to assist the local public health response in MDA 21 during emergencies and to support ongoing public health initiatives. The members of the Shoreline MRC receive extensive training via online courses and quarterly meetings and training events. MRC members receive training in such things as vulnerable population care, CPR certification, AED training, and sheltering response training to name but a few.

If you would like more information or an application to join please contact Steve Tyliszczak, Public Health Preparedness Coordinator, at (203) 481-4233 or visit our websites: <http://www.esdhd.org/Emergency/Volunteer.asp>

If your power is out for more than 24 hours...

- **Check the food in your refrigerator:** When in doubt...throw it out!
- **Water:** When you can, stick to bottled water for cooking and drinking. If you must use another water source: boil water for 1 minute or add 8 drops of chlorine bleach (unscented/uncolored) to each gallon of water, let stand for 30 minutes before using.
- **Recovery takes time:**
 - Try to look at the positives of the situation: (what you have, not what you lost)
 - Be Patient and Keep a Sense of Humor
- **Keep Yourself Healthy:**
 - Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
 - Drink plenty of clean water. Eat well. Wear sturdy work boots and gloves.
 - Wash your hands thoroughly with soap and clean water often when working in debris.
- West Nile virus is being carried by mosquitoes in our area. Remember to dump all standing water on your property so the mosquitoes don't breed there.
- Absolutely **NO SWIMMING** in the Sound. Raw sewage spills are common after hurricanes and tropical storms.



East Shore District Health Department (Branford, East Haven & North Branford)
Director: Michael Pascucilla
Tel: 203-481-4233 **Fax:** 203-483-6894
Website: www.esdhd.org



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A shoreline town on Long Island Sound, Branford has more than 28,000 residents within approximately 22 square miles, resulting in a density level of more than 1,300 residents per square mile. The town enjoys 20 miles of shoreline and a roadway network of more than 100 miles of federal, state, and local roads, as well as four access points along the Connecticut turnpike I-95.

Branford’s public officials have been diligent in constructing emergency and evacuation plans that will enable public safety personnel to effectively manage an emergency. The town’s objective is to be as well prepared as possible to protect its residents, prevent injuries, preserve property and resources, and maximize use of its manpower, equipment, and all other available resources in the event of a natural or manmade disaster or national security emergency.

Under C.G.S. 28-8a(a) “the chief executive officer of the municipality in which a major disaster or emergency occurs, or his designee, may take action as he deems necessary to mitigate the major disaster or emergency and secure and preserve any documents and evidence pertinent to and necessary for future investigation.”

Procedure

- 1. First Selectman finds that a condition exists that “extreme peril to life and properties exists.” First Selectman issues Declaration of Emergency Proclamation.
- 2. If necessary, and Branford’s resources are expended and state and/or federal assistance is required, Selectman issues proclamation to state declaring Branford in State of Emergency - Requesting State and Federal Assistance.

Authority

Emergency Authority for Chief Elected Official, Emergency Management Director and Department Heads as outlined in Branford’s Emergency Operation Plan (All Hazard).



EMERGENCY – Police, Fire, EMS	
Police Routine	911 203-481-4241
Fire / EMS – Administration	203-488-7266
Public Information	203-315-3909
Office of Emergency Management	203-315-3573
Public Works	203-488-4156
Town Hall	203-488-8394

It is important for all town residents to remember that 911 should be used to report emergencies only. Any other calls to 911 inhibit the reporting of true emergencies and result in delays in response. Therefore, reports of all non-emergency information (trees and wires down that don’t pose an immediate hazard to human life, flooding, etc.) as well as any requests for information should be reported on non-emergency lines.

IMPORTANT WEBSITES

- www.branford-ct.gov
- www.ready.gov
- www.redcross.org
- www.branfordpolice.com
- www.fema.gov
- www.weather.com
- www.branfordfire.com
- www.nhc.noaa.gov
- www.ct.gov/demhs/

Public Notification

Branford residents can be notified of emergencies, evacuations, and shelter openings in a number of ways.

The main emergency notification system is the “B-Informed” Emergency Notification System (ENS) that automatically calls the telephones of all town residents or a specific area with an emergency message. Please visit the Police Department’s website at www.branfordpolice.com and follow the “Sign Up” button to learn more and register additional telephone numbers for notification.

Other notification methods include:

- Local news (crawlers on bottom of screen)
- BCTV-Channel 20
- NOAA Weather Radio is the best means to receive storm info. Battery powered radios can be purchased in most electronic stores.
- Branford Information hotline at 203-315-3909, option #2
- The website www.branford-ct.gov

Emergency notifications and information will be posted 24 to 48 hours prior to an incident when possible.

General Planning

All Branford residents must plan for the possibility of remaining self-sufficient for up to three days after a disaster of devastating levels as the town reestablishes any necessary components or systems that may be lost or destroyed during the disaster.

Elderly and Residents with Special Needs

It is important to remember family members, friends, and neighbors in the community and those living in neighboring communities who are elderly and/or have special needs when planning for evacuation and sheltering.

If you have a neighbor who is elderly, living alone, or someone who has special needs, inquire if they need assistance in planning for evacuation or sheltering. If necessary, have them contact Branford’s Office of Emergency Management for further assistance.

Commodities Distribution

In the event that commodities (water, ice, food, tarps) are received from the state or federal government that must be distributed to the general public, the WalMart

parking area located at 120 Commercial Parkway will be utilized as the distribution location.

A “drive through” process will be established whereby personnel will load the trunks and backs of vehicles with the needed commodities.

Establishment of the commodities distribution and hours of operation will be determined and the public notified as described in the “Public Notification” section above.

Evacuation

Branford residents should be prepared to evacuate their homes, workplaces, schools, or any other locations when notified by town officials to do so. Many areas of town have the potential to become isolated during flooding, preventing the ability to evacuate safely. Delays in evacuation could result in personal injury or becoming trapped in your vehicle.

It is most important that all Branford residents plan where they and their family (including elderly relatives living in the area) intend on evacuating to.

Whether you choose to evacuate out of the Branford area (to family, friend, or hotel in another town) or to utilize a Branford-operated shelter, families must preplan evacuation routes.

When preplanning evacuation routes, consider the following (map provided on page 19):

- 1. Plan a primary and secondary route using as many main thoroughfares as possible.
- 2. Plan primary and secondary routes to all of your sheltering options. Reminder: Branford officials may activate only the primary shelter (Mary T. Murphy School) or others as needed.
- 3. Depending on the emergency (hurricane versus winter storm) different routes will be used depending on terrain (hills) and potential flooding (hurricanes).

Branford residents will be notified to evacuate in the manner described in the “Public Notification” section.

Non-Evacuation Situations

There may be circumstances for non-evacuation situations and Branford officials notify you and your family to “shelter in place.” You will be notified of the shelter in place and all situational updates for the incident in the manner described in “Public Notification.”

Town of Branford

BRANFORD

When notified to shelter in place, families should utilize their family disaster kits and plans. In addition, families may be notified to seal windows and doors with plastic and duct tape in an attempt to seal out possible contaminants. In addition, families should know how to disable any air handling systems which bring outside air into their homes.

Family Disaster Plans

The Branford Office of Emergency Management urges all families to develop a family disaster plan. Refer to page 4 in this booklet for the plan's contents.

Family Disaster Kits

Families should assemble a family disaster kit in easy to carry packs or bags.

Refer to page 7 in this booklet for the kit's contents.

Shelter Information and Locations

It is well recognized that local, state, and federal officials will develop community sheltering locations, however, most families would prefer to shelter with family or friends outside of the affected area. It is recommended that the minimum distance away from Branford that your family should seek shelter is 15 to 20 miles. In the case of a hurricane, the location should be north of Long Island Sound. If this is the primary choice of your family, agreements with the hosting family or friends should be in place well in advance.

If you are unable to arrange for a sheltering location outside of Branford, you and you family may evacuate to a town-operated shelter (listed below).

If needed, shelters are opened and operated with the assistance of the American Red Cross (ARC). It is important for all Branford residents to remember that not all shelters will be opened unless needed. Therefore, to determine which shelters are open, refer to the "How Will You Be Notified?" guidelines.

Branford Shelter Locations

Primary Shelter:	Mary T. Murphy School 14 Brushy Plain Road
Alternate Shelter:	Branford Recreation Center 46 Church Street
Alternate Shelter:	John B. Sliney School 23 Eades Street

Alternate Shelter:	Walsh Intermediate School 185 Damascus Road
Alternate Shelter:	Branford High School 185 East Main Street

What to Bring to Shelters

- Sleeping bags, bed rolls, and pillows
- Items in disaster kit, including change of clothes
- Essential toiletries, towels, medications, etc.
- Games, cards, toys for children

What NOT to Bring to Shelters

Sick or injured persons requiring specialized care—medical facilities should be used.

Pets

In May 2006, the United States House of Representatives passed the Pets Evacuation and Transportation Standards (PETS) Act, H.R. 3858. This act requires that state and local emergency management officials take into account the needs of individuals with pets.

In Branford, special arraignments will be made for those with pets (domestic). When sheltering with a pet, you are required to provide a cage, leash, and muzzle for any and all pets. In addition, you must provide any special foods, medicines, and other special needs that the pet may require.

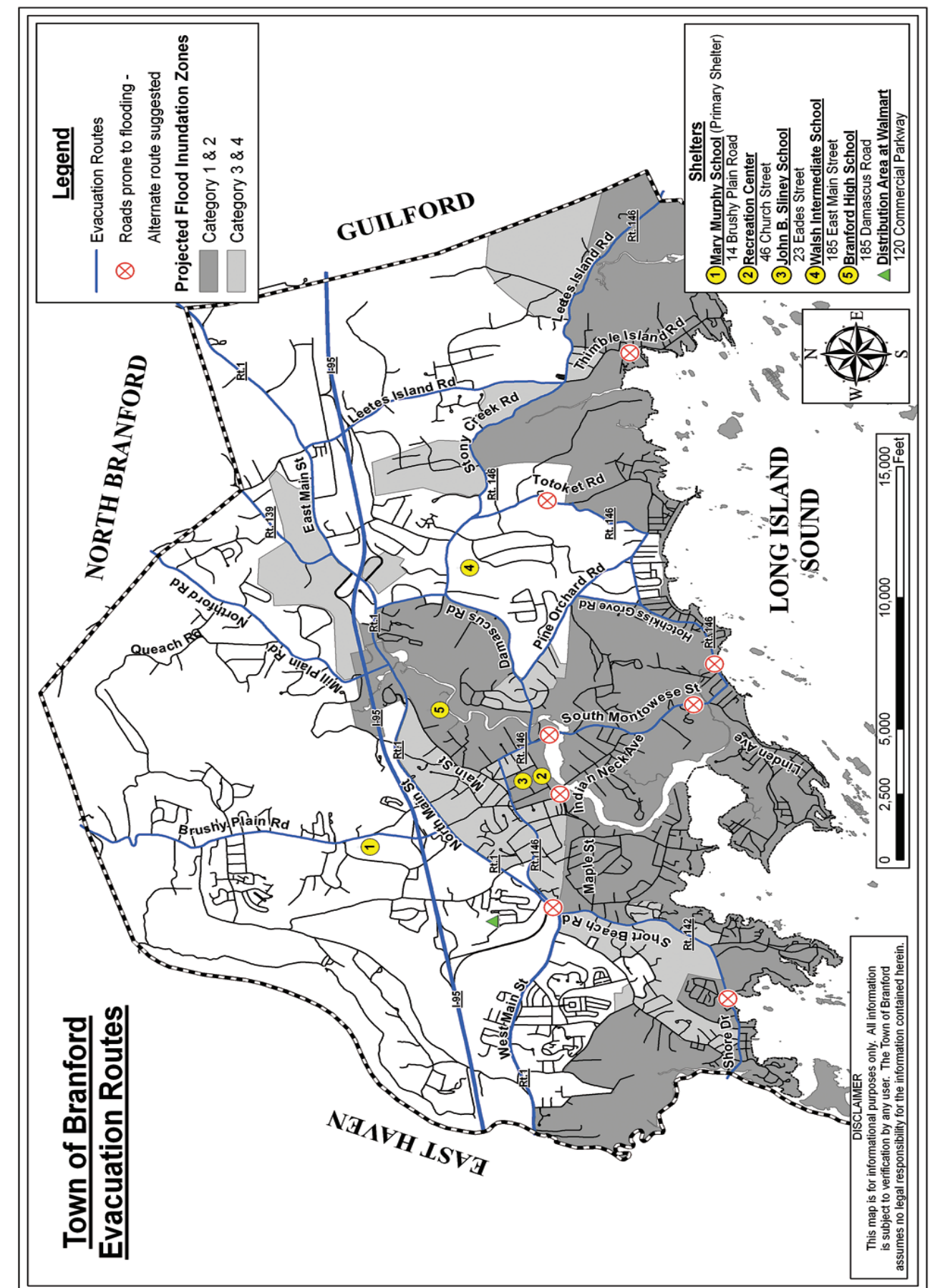
Citizen Volunteer Groups

Branford has developed a Community Emergency Response Team (CERT). These volunteers are trained by the municipality to respond and assist the town in a number of emergency management areas including basic first aid, evacuation, traffic control, sheltering, mass feeding, and commodities distribution.

For further information on Branford's upcoming CERT training, visit the town's website at www.branford-ct.gov. Follow the "Emergency Management" link for an application.

Other Town Information

The Branford Office of Emergency Management has developed an Evacuation and Sheltering Guide. This important guide may be obtained at Police and Fire Headquarters, Town Hall, and the public libraries and is also published on the web at www.branford-ct.gov (follow the "Emergency Management" link to print the guide).



BRANFORD

Town of East Haven

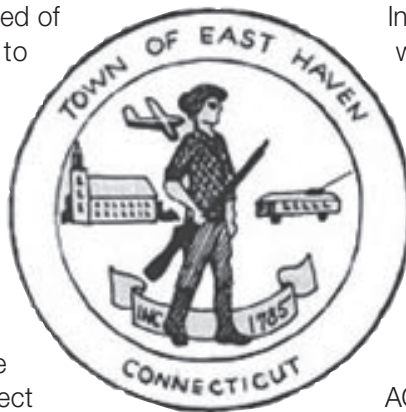
Town Agencies

The Town of East Haven is comprised of 12 square miles with direct access to Long Island Sound. It is vulnerable to flooding, tropical storms, hurricane surges, extreme winds, and tidal flooding due to the proximity of both the coast and the Farm River. The majority of the town's power and communication lines are also located above ground, exposing them to wind and ice damage. A busy interstate highway (I-95) and a railway that bisect the town mean East Haven is also exposed to man-made disasters. There is air traffic in town as Tweed New Haven Regional Airport supports both commercial and general aviation.

East Haven's public safety department consists of fire and police departments and a public works department. The fire department is staffed by 49 employees and an active roster of approximately 50 volunteer members. The police department has a staff of more than 50 officers. The public works department is staffed by full-time workers with expertise in heavy equipment and tree work, as well as snow removal and general labor.

Declared Emergencies

The Town of East Haven has an Emergency Operations Plan in place that is signed by the Mayor and approved by the Town Council and that extends the duties and powers of the Mayor and/or his or her designee in the event of a declared emergency.



In the event of an emergency, the public will be notified and kept informed as events unfold. The town will utilize the Everbridge System for primary notification to call telephone numbers in areas predicted to be affected. This system can send notifications hundreds of times faster than the previous system and still broadcast in the event of a power failure.

Standard phones that operate without AC power rather than cordless or battery powered devices can receive messages, as can mobile phones. East Haven also participates in the statewide "Web EOC" system that tracks assets, needs, and situations found in all participating state communities, which decreases the response time needed to get the right equipment or supplies to the scene. Tune in to Government Access Channel 20 or the town website www.townofeasthavenct.org for updates. In a large power outage event, the town can resort to its many emergency vehicles equipped with speaker systems that will travel through your area as conditions permit. If the event manages to interrupt communications systems for a longer period of time, expect posted emergency vehicles at major intersections so that a call for assistance can be relayed to our Emergency Operations Center (EOC) and help can be dispatched. In the event of a coastal flooding situation the fire department is equipped with 3 boats and a large evacuation vehicle (ex Army 6x6) to assist with operations.

Evacuation

If during a declared state of emergency the mayor orders an evacuation, it is very important that the public complies immediately. An order for people to leave their homes will not be issued unless it has been determined to be absolutely necessary. Anyone living in flood-prone areas should monitor weather events as conditions can change rapidly and often with little time for notification. Shelter locations will vary according to the situation and its predicted impact. If an order is issued to evacuate and citizens fail to comply, during the height of the event it may not be possible to provide assistance to these citizens. Officials must take into account the safety of

the town's limited number of personnel and resources and balance this against the dangerous conditions that would be encountered during a rescue. Make yourself familiar with at least 2 relocation routes to be used in the event that an evacuation order is given. Your standard route of travel and an alternate route if the primary one is blocked (for example, by a fallen tree or downed wires). A map with evacuation routes is provided in this article.

Evacuation Kits

If you evacuate, take the following items: a travel kit with personal identification for all family members, cash, credit cards, car keys, prescription medications, pet supplies, flashlights, spare batteries, important family documents (insurance policies). Be aware that most shelters will not take in pets, so attempt to make alternate arrangements. Make sure family members know who to contact if you are separated when the event occurs; this contact person will become the key to re-establishing contact.

Shelter Locations

Many prefer to stay with relatives or friends rather than in a public shelter. This is possible if plans are made in advance and if a suitable and safe location is identified. Public shelters will be set up as conditions require with primary shelters in town-owned schools:

East Haven High School
35 Wheelbarrow Lane

Notification

Prior to the event, the location of shelters will be announced on Public Access television, town website (www.townofeasthavenct.org), and the East Haven Fire Department's website (www.easthavenfire.com), as well as on local radio (WPLR 99.1 FM, WELI 960 AM) and television stations. During a power outage, use portable or car radios.

Pets

In the event that you must evacuate your home and you have pets, try to locate a caretaker outside the evacuation zone. If you don't have friends or relatives willing to take in your pet, find a local shelter or consider a pet-friendly hotel. Bring the following items for your animal: ownership papers, medical records, prescription if on any, contact information, photo of pet. Also consider the following: bedding, collar with identification tag and

license, three-day supply of food and medication. You will want to include any special information your pet's caregiver might need to know.

Smoke Detectors

Smoke detectors save lives if correctly used and maintained. The National Fire Protection Association recommends you replace the batteries in your smoke detector every year. If you hear "chirping," it's time to change the battery. You should have at least one smoke detector on every floor and one in every bedroom. Smoke detectors are also required to be interconnected so that in the event of an activation all the devices sound at once.

Carbon monoxide detectors also save lives. It is not uncommon to have high enough levels of Carbon monoxide present in a home to affect your health, render you unconscious, or even kill you. While permanent cooking and heating appliances are inspected when installed in a home for proper ventilation and operation, temporary measures utilized during a utility outage may cause increased danger.

When testing either smoke or carbon monoxide detectors, always follow manufacturer guidelines. During an emergency, these devices will warn you of a problem before it becomes life threatening. If a device sounds its alarm, leave the area right away and call the fire department. Don't stay in the building under any circumstance. Be aware that there is a higher chance of hearing the low-battery "chirp" shortly after a power outage.

Escape plans are essential for families. Every family member should know two ways out of every room in the house. If it's smoky, stay low to the floor where the best air to breath is located. A window can be a second means of escape providing you have a fire escape ladder if located on an upper floor. Your family should also have a pre-designated meeting spot. Once outside, call for help and DON'T go back into the house.

General Fire Safety

In the event of a power failure, alternative means of lighting are often used and, if proper precautions are not taken, these methods (e.g. candles) can add a host of new hazards.

In an emergency, it's a good idea to have a flashlight on hand. Flashlights are safer and don't impose the additional fire hazards of candles. Don't use your stove

continued on next page

continued on page 22

Town of East Haven

as a heating device; doing so can be very dangerous. Residential stoves are not designed for continuous sustained use and are not ventilated properly for heating. Outdoor gas and charcoal grills must remain outside. Never run or use any gasoline powered tools in your house because the by-product of these is carbon monoxide. When using your chimney, make sure the damper is open and the flue is clear to allow smoke and fumes to leave the chimney and prevent smoke and deadly gases from backing up into your house.

Staying In Your Home

In many cases, even during an emergency, you will be asked to stay in your home unless you are in an area deemed to be unsafe. As a town, East Haven must be self reliant for the first 72 hours after an incident occurs. This is possible if every household has enough water and food to maintain itself and its pets. Some options for doing so include canned goods, freeze-dried foods (back packing supplies), MREs (meals ready to eat, available on-line or at Army Navy stores). The shelf life of these items must be noted and a hand operated can opener must be kept in the home. MREs have a shelf life of 5years if stored properly.

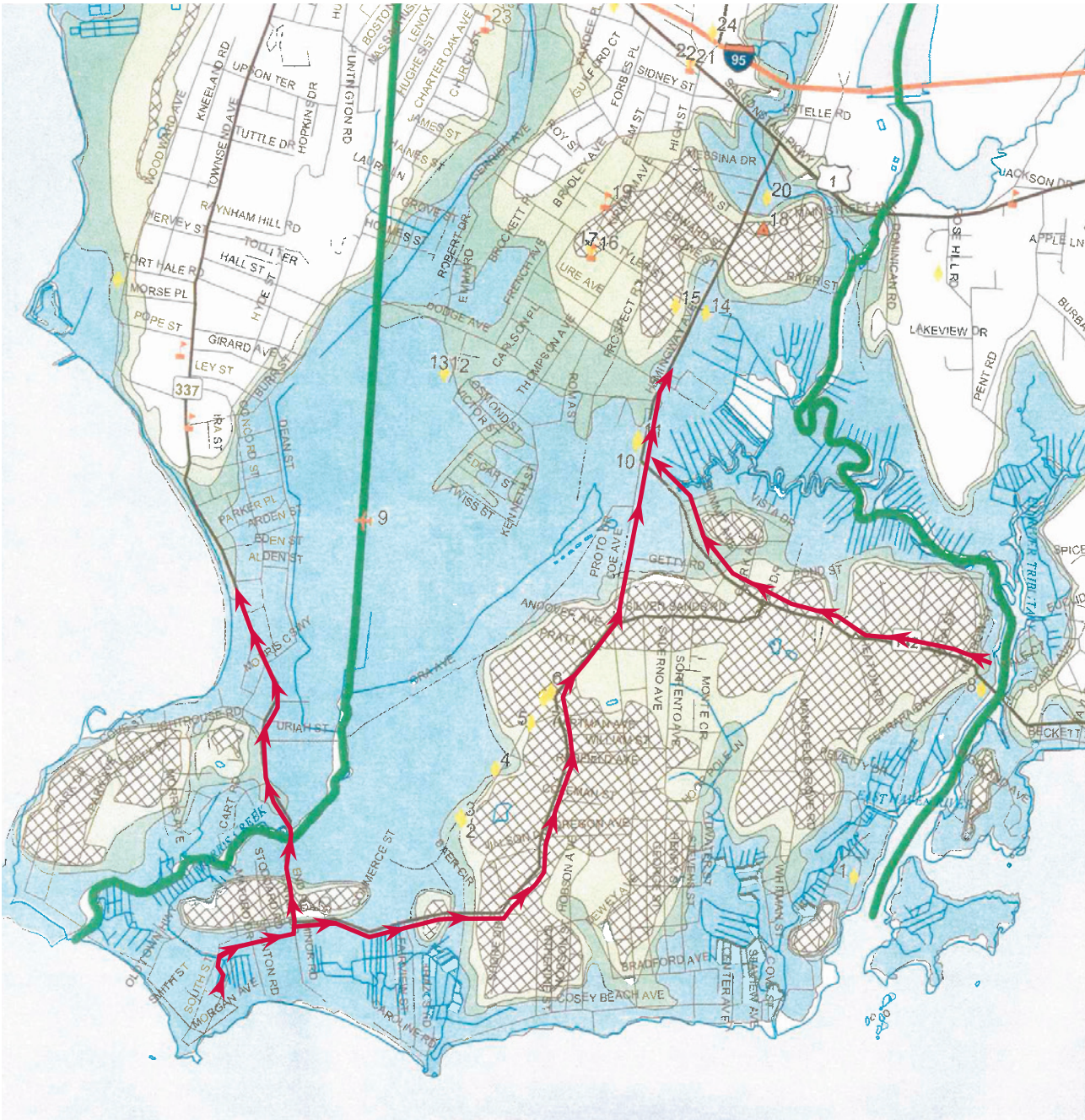
Distribution of Supplies

In the event that supplies are requested and obtained from state or federal agencies for an incident lasting more than a few days, distribution points will be set up. These will be open during daylight hours only to distribute to the public in a “drive through” manner. To utilize these distribution points, pull up in your vehicle and open the back or trunk area. Do not exit the vehicle; the proper allotment will be loaded for you. This allows authorities to process vehicles in a timely fashion. The predetermined site for the POD (point of distribution) is East Haven High School on Wheelbarrow Lane off of Route 80.

For live updates, visit www.townofeasthavenct.org

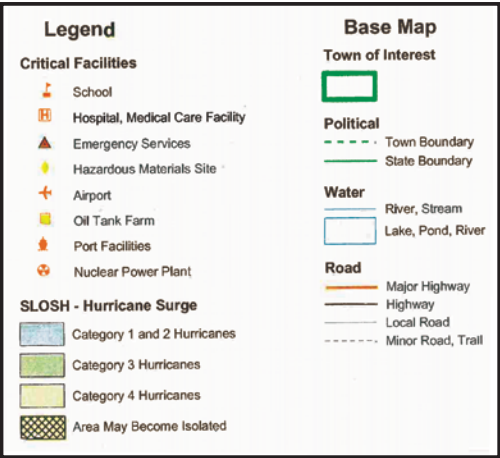
East Haven Town Websites

- Official Town Municipal Site (links to other town sites) - www.townofeasthavenct.org
- Mayor Joseph Maturo, Jr. - eh.mayor@att.net
- EH Fire Department - www.easthavenfire.com
- EH Police Department - www.easthavenpolice.com
- EH Recreation Department - www.easthavenrec.com
- EH Chamber of Commerce - www.easthavenchamber.com
- Hagaman Memorial Library - www.leaplibraries.org/ehaven
- EH Public Schools - www.east-haven.k12.ct.us



East Haven Evacuation Map

Evacuation route marked by red line



Emergency Preparedness Response

Guilford emergency preparedness personnel include trained staff from the fire, police, health, public works, engineering, and selectman’s offices. In the event of a local disaster, the Selectman has the authority to declare a state of emergency. The Civil Preparedness Director would then activate the emergency operations center (EOC) and implement the emergency response plan. The EOC will be staffed with emergency professionals and local officials trained to coordinate the proper response to the emergency. Decisions will be made

at the EOC to establish incident priorities, appropriate emergency response, community evacuations, establishment of shelters, and initiation of mutual aid from neighboring towns or agencies.

Public Emergency Notification

Notifying the public of an approaching natural disaster is an essential component for avoiding personal injury. Most weather-related events such as hurricanes, floods, ice storms, and tornados can be

accurately predicted by meteorologists and broadcast through local television and radio media networks. The Emergency Alert System (EAS) is used in Connecticut during natural emergencies. When activated, radio and television programming will be interrupted for the broadcast of an emergency message. Residents are advised to stay tuned to weather alerts and follow developments as storms approach our communities. Public notification for immediate evacuation at the local level, such as an accidental chemical release or flood emergency, can be delivered through the public address system on police cruisers. The Town’s reverse 911 system can deliver a prerecorded emergency messages to all standard telephones within the Guilford phone exchange system that have 911 calling ability. This system can be used to alert residents of approaching storm surges, chemical releases, lost persons, or other civic preparedness information. Residents can directly listen to the reverse 911 message or allow it to leave a message on an answering machine.

Hurricane Response

Hurricanes bring heavy winds and cause heavy rains. If a hurricane strikes during high tide, the likelihood for extensive flooding is almost certain. Fortunately, modern meteorology has allowed for accurate prediction of hurricane movement and intensity. Having advance warning of an approaching storm and being prepared with a family disaster plan will help reduce the likelihood of property and personal injury. Residents should maintain contact with local television and radio emergency warnings and implement their home disaster plan if necessary. Flooding from a hurricane is dependent upon the category of hurricane and the elevation of the shoreline property. The **potential flood areas** for hurricane categories 1 through 4 are depicted on the flood zone map on page 27.

Flooding

Several areas of Guilford are subject to complete flooding from hurricanes (see map on page 27). If severe flooding is expected to isolate residents or cause extensive property damage, residents will be alerted to evacuate either by the Town’s reverse 911 phone system or by police public address system. You can determine your flood risk potential by viewing our larger flood map on the Town website www.ci.guilford.ct.us Be advised that if the hurricane is coupled with

heavy rains and high tides, flood prone areas may expand. It is therefore important to be familiar with both your main evacuation route and an alternate route. ***If instructed to evacuate by emergency officials, residents should leave when told, as there may not be a means of rescue available at a later time.***

Tornado Watch

A tornado watch means conditions are right for a tornado to develop and residents should take the following precautions:

- 1. Stay tuned to a local weather station or NOAA weather radio.
- 2. Secure any loose objects outdoors, or move them inside.
- 3. Survey local structures for the most suitable shelter.
- 4. Watch the sky to the south and southwest. If you see any funnel shaped clouds, report them immediately to the police and take cover.

Tornado Warning

In the event of a **tornado warning**, you will be advised to take shelter immediately as a tornado funnel has been spotted in the vicinity. Bring children and pets inside immediately. Close and lock all windows and outside doors. Turn off all ventilation systems that bring in outdoor air, including fans and air conditioners. If you have a fireplace, close the damper. Take your emergency supply kit and go to a basement or, if no basement is available, go to an interior room such as bathroom or narrow closet. Do not open any windows when a tornado approaches to equalize pressure. Opening windows may actually increase damage. If you are in a **motor vehicle** during a tornado, do not try to outrun the funnel. Stop the vehicle and get into a shelter, ditch, culvert, or ground depression. If you are in the **open country**, move away from the tornado’s projected path at right angles and seek shelter in a ditch, ravine, or culvert.

Downed Lines & Power Outages

Do not touch downed power lines, even if you think the power is down in your neighborhood. Tree limbs or branches may also be connected to power lines and can transmit dangerous voltage if touched. Portable power generators are often connected to home wiring systems and can transmit deadly voltage through

Emergency Preparedness Contact information:

Emergency Dispatch Fire and Police (911)

203-453-8000 (routine calls)

Receive and dispatch all emergency calls to fire, police, or ambulance for immediate response.

Fire Department

203-453-8000 (routine calls) 911 (emergency) 390 Church Street

Responds to all structural or motor vehicle fires, fuel and hazardous chemical spills, bomb threats, investigations, marine rescues, confined space, accidents, and searches. Provides fire prevention services and training for emergency response staff. Provides paramedic and EMT response to medical emergency calls. Has mutual aid agreements with neighboring fire departments in order to management large scale emergencies.

Police Department

203-453-8061 (routine calls) 911 (emergency) 400 Church Street

Enforces all state criminal laws and local ordinances. Provides local crime prevention services and conducts investigations for the Town of Guilford. During natural disasters the police will provide traffic control and help develop alternate evacuation routes in response to flooding.

Health Department

203-453-8118 50 Boston Street

Enforces all state and local public health laws. Investigates communicable disease outbreaks and responds to public health emergencies. Implements bioterrorism/public health emergency preparedness plan.

Connecticut Light and Power

1-800-286-2000

Responds to downed power lines
Seven days a week, 24 hours a day

Yale-New Haven Shoreline Medical Center

203-453-7900 111 Goose Lane

Provides outpatient ambulatory and emergency care services
Seven days a week, 24 hours a day

fallen power lines in your neighborhood. If you connect a portable generator to your whole-house circuit, the main power switch must be shut off in order to avoid sending power out of your house, which could harm emergency crews. Notify the power company at **800-286-2000** of the location of downed lines. If power is interrupted, household refrigeration will be interrupted. In order to keep foods safe follow these basic instructions:

- 1. Keep refrigerator and freezer doors closed as much as possible to maintain cold temperatures. A refrigerator will keep foods cold for up to 4 hours. A full freezer will maintain its temperature for 48 hours.
- 2. Placing ice blocks or dry ice into a refrigerator should keep an 18 cf freezer cold for two days.
- 3. Discard any perishable foods such as meat, poultry, fish, or leftovers that have been above 40° F for two hours or more.

Portable Home Generators

If you need to use a portable home generator, make certain you follow all safe use instructions. Do not operate generators indoors such as in porches, sunrooms, garages, basements and decks. Keep generators at least 10 feet away from your house. Remember carbon monoxide is heavier than air and it will settle to lower elevations.

Disaster Shelters

Guilford’s primary disaster center is located at the **Greene Community Center, 32 Church St.** This shelter is equipped with an emergency generator, food supplies, cots, showers, and bathrooms. It can be used to shelter residents during hurricanes, power outages, local flooding, ice storms, or tornadoes. Residents are reminded to bring along a supply of their prescription medicines. If the downtown area were to flood, an alternate shelter would be opened up at the **Guilford High School, 605 New England Rd.** Emergency officials would determine the exact shelter location and notify residents by reverse 911 and/or media networks.

Pet Care Shelters

Pets are allowed at emergency shelters, but will be housed in an area or building separated from the human shelter. If you plan to shelter your pet elsewhere, work

it into your personal family disaster plan. Specialized pet shelters, animal control shelters, veterinary clinics, friends, and relatives out of harm’s way are all potential refuges for your pet during a disaster. Make certain your pets are current on their vaccinations. Pet shelters may require proof of vaccines, proper identification, and an ample supply of food and water.

Evacuation Routes Within Guilford

The most likely reason for evacuation of your home in Guilford is potential flooding from a hurricane. Several areas along Guilford’s shoreline are subject to severe flooding, which can hamper evacuation or completely isolate entire communities. Evacuation routes from these areas must be along roads with high elevations and may require several detours before reaching the emergency shelter. Residents living in flood prone areas should familiarize themselves with the attached emergency flood zone map and preplan an evacuation route. Flooding hazards and physical separation from the mainland can occur quickly when high tides, storm surges, and rainfall combine to raise water levels. ***If instructed to evacuate by emergency officials, residents should leave when told, as there may not be a means of rescue available at a later time.***

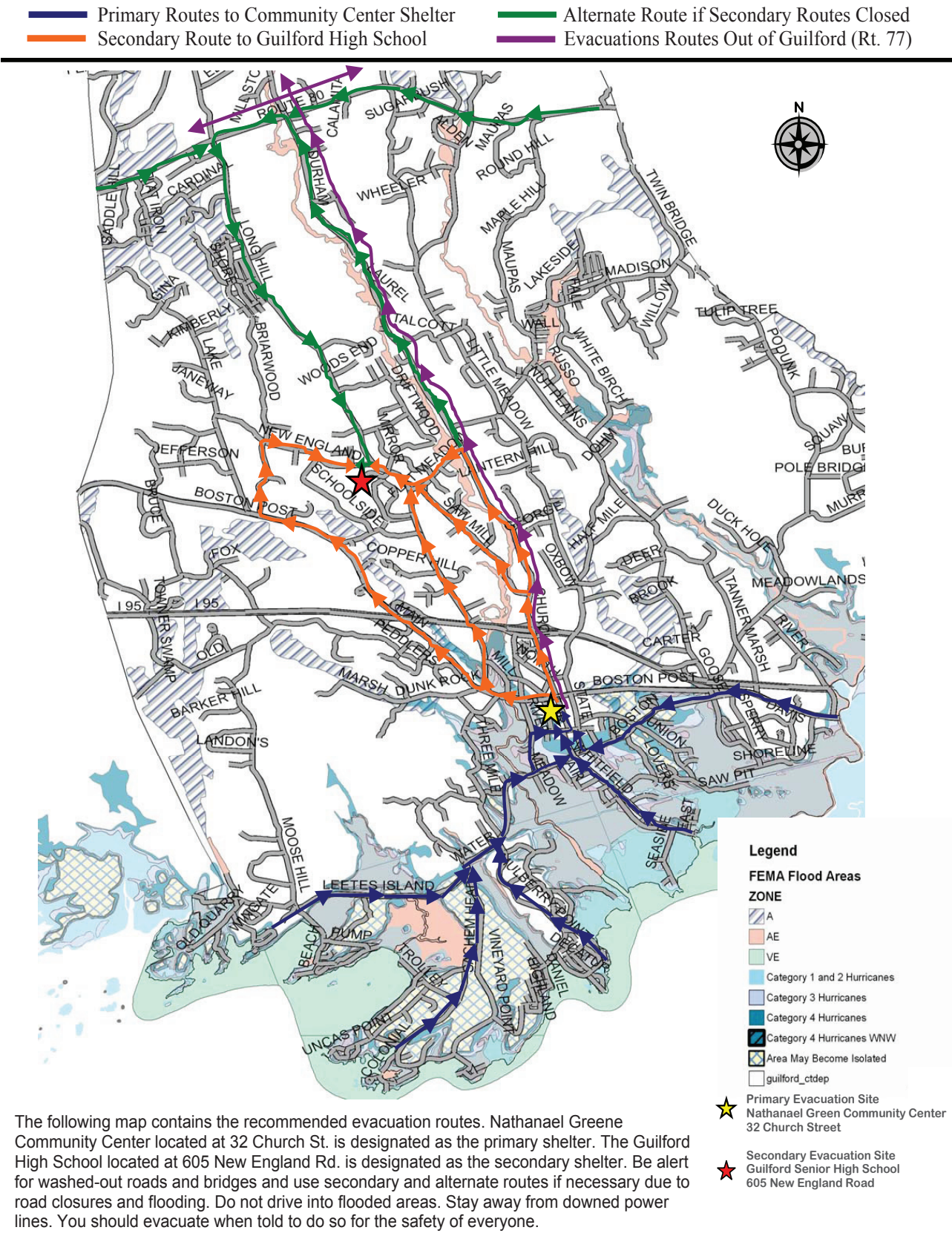
Evacuation Routes Out of Town

The main hurricane evacuation route out of Guilford is Route 77 north. Follow evacuation routes recommended by emergency officials. Do not take short cuts as they may be flooded or blocked. If directed to evacuate, take your emergency supply kit.

Chemical or Radioactive Spills

Guilford’s proximity to major highway and railroad transportation corridors increases the risk for chemical or radioactive incidents. In the event of a chemical or radioactive release, rapid communication to potentially affected neighborhoods will be essential to avoid exposure. Depending upon the type of spill or chemical incident, residents located within or downwind of the spill zone would be alerted by police public address system or reverse 911 to either shelter in place or evacuate the area. Residents will not be allowed to reoccupy their neighborhoods until authorities declare the area safe.

Guilford Flood Zones & Emergency Evacuation Routes to Shelters





We're now in East Haven. Feel better?

Now, there is urgent care in your backyard. Urgent Care Center at Foxon is staffed with board-certified physicians dedicated to providing compassionate care. We specialize in urgent care for non-life-threatening medical conditions and work-related injuries. And as a walk-in facility, no appointments are necessary.

Urgent Care Hours

Monday – Friday: 8 am – 7 pm
Saturday: 8 am – 3:30 pm
Sunday: 9 am – noon

Other On-site Services:

- X-ray, Mammography, Bone Density, Ultrasound
- Blood Draw Station

317 Foxon Road (Rt. 80)
East Haven, CT 06513
203.466.5600

Urgent Care at Foxon



Services Available:

Ambulatory Surgery/
Endoscopy Center
Cardiology
Childbirth Preparation
Diagnostic Radiology
Emergency Department
Hospital Pre-admission
Laboratory Medicine
Nuclear Medicine
Nutrition Center
Radiation Oncology

Yale-New Haven **expertise** on the Shoreline.

Access to state-of-the-art health care right in your backyard - complete with all the comforts and amenities of a community health care facility. Shoreline residents can access high-quality, convenient outpatient care in the shoreline area's largest, most comprehensive medical center.



**YALE-NEW HAVEN
SHORELINE MEDICAL CENTER**



(203) 453-7900 • www.ynhh.org/shoreline
Easy Access: Exit 59 off I-95 • 111 Goose Lane, Guilford