



**Public Health**  
Prevent. Promote. Protect.

# PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

*Serving the communities of Middlefield, Plainville and Southington*

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## **Do You Have An Emergency Plan?**

*PSHD Encourages Residents to Make a Plan*

As we watch another hurricane make landfall along the coast, the Plainville Southington Health District (PSHD) wants to remind residents of the importance of making an emergency plan. Disasters can happen anywhere and at any time. Make sure your family is prepared for when a disaster strikes. Entire families should be prepared and informed in the event of an emergency. Families may not always be together when these events take place and should have plans for making sure you are able to contact and find one another.

“Are you prepared,” asked Shane Lockwood, PSHD Director of Health. “As individuals, as families, and as communities, we must take the steps to be prepared for disasters, whether they are natural or manmade, before they occur. Individuals and families need to create an emergency plan and a disaster kit if they do not already have one.”

There are many benefits to developing emergency plans. You may discover hazardous conditions that may aggravate an emergency situation or you may determine you have a lack of supplies in your home. Being prepared gives you the time to eliminate these conditions and get the supplies you may need in the event of an emergency.

Your personal and family emergency plans should include a plan to shelter at home, an evacuation plan, a meeting place other than your home, ways to safeguard your pets, and important telephone numbers.

Your disaster kit should be supplied with sufficient food, bottled water, clothing, medications, and safety items for each person in your household for at least three days. If you are a pet owner and need to evacuate, you should be prepared to take your pets and supplies for them with you. Remember not all shelters allow pets so plan ahead.

Practice and update your plan every six months. There are a number of resources to help you prepare for yourself, your family and your pets. For more detailed guidance and advice, visit the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov), the Department of Homeland Security at [www.ready.gov](http://www.ready.gov), and the American Red Cross at [www.redcross.org](http://www.redcross.org).

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.