



Public Health
Prevent. Promote. Protect.

PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

Serving the communities of Middlefield, Plainville and Southington

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Hurricane Predicted for CT This Weekend

PSHD Reminds Residents to Prepare for the Storm

Connecticut's weather forecast is calling for a hurricane this weekend, beginning Sunday. Are you prepared? Hurricanes are violent storms which can bring intense winds, heavy rain, and floods. While it is difficult to prepare for the exact time, place and force of hurricanes, Middlefield-Plainville-Southington residents must be prepared.

"The experts are expecting a hurricane to touch down in Connecticut this weekend," said Shane Lockwood, PSHD Director of Health. "It's important for residents to be prepared. Being prepared allows you the time to get the supplies you and your family need to stay safe during the storm."

The Plainville Southington Health District (PSHD) and the Centers for Disease Control and Prevention (CDC) offer some suggestions on how to prepare for a hurricane.

- Have a full tank of gas in your vehicle, cash, and your disaster supply kits ready to go.
- Make sure every family member carries or wears identification.
- Listen to the radio or television for current information and be prepared to act quickly.

- Lower the thermostat in the refrigerator and freezer to the lowest possible temperature and keep doors closed.
- Fill the bathtub and other large containers with water for bathing, flushing toilets, and cleaning. Do not drink the water.
- Secure or bring inside outdoor items, such as patio furniture, kids toys, grills, and building materials.
- Cover up windows and doors outside. Use storm shutters or nail pieces of plywood to the window frames to protect your windows.
- Be ready to turn off the power, if emergency officials advise you to do so.

For more information on how to prepare for a hurricane visit the CDC website at www.cdc.gov or the Connecticut Department of Public Health website at www.ct.gov/dph.

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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.