



Summer Safety 2011

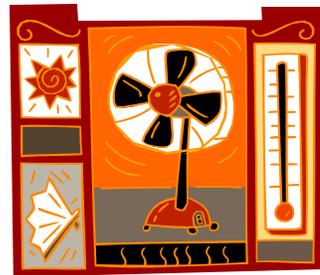


A publication of the Norwalk Fire Department- Office of Emergency Management

COOLING CENTERS

When the heat index is predicted to be dangerously high, The City may open cooling centers in air-conditioned facilities, including Libraries, City Hall, community and senior centers.

People seeking relief from the heat should call 2-1-1, or Customer Service at 203-854-3200 or access www.norwalkct.org during a heat emergency to find a local cooling center.



Local contact numbers and resources

Emergency- 9-1-1

Website for the City of Norwalk: www.norwalkct.org

Norwalk Fire Dept: Main number: 203-854-0200
Norwalk Fire Dept- Office of Emergency Management: 203-854-0238
Norwalk Fire Dept: Fire Marshal's Office: 203-854-0240 or 203-854-0244

Norwalk Police Dept: Main number: 203-854-3000
Norwalk Health Department: 203-854-7776

Emergency planning resources: www.ready.gov

NOTIFY NORWALK

All residents are strongly encouraged to register their unlisted & cell phone numbers, text and e-mail addresses for your household in the City's Emergency Notification System (Notify Norwalk).

This system enables authorized City officials to contact you in multiple ways in an emergency, such as an extended power outage or severe weather and tell you what you need to do to stay safe or get assistance. Updating your contact information also allows you to learn of emergencies that impact your home when you're at work, school or away. **Visit www.norwalkct.org and select the Emergency Alert button on the left hand toolbar then follow the link to the secure Code Red Site.**



PLAN AHEAD

Understand the risk factors:

- People at greatest risk during periods of extreme heat are those 65 or older, younger than five, those with chronic medical conditions or taking psychotropic or other medications, and those who are overweight.
- If you have a medical condition, check with your physician about precautions you should take during hot weather.
- If you have neighbors, family, or friends who are at increased risk, especially those who live alone, make sure they have access to air-conditioning and, if needed, offer to help them get to a cool location such as a shopping mall or store, library, home of a friend or relative, or a Norwalk cooling center.

DURING A HEAT WAVE

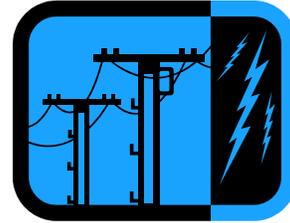
- If possible, stay out of the sun. When in the sun, wear sunscreen (at least SPF 15), and a hat to protect your face and head.
- Use an air conditioner if you have one. Set the thermostat no lower than 78 degrees.
- If you do not have an air conditioner, consider going to a public beach, air-conditioned store, mall, movie theater, or cooling center.
- Check on your neighbors, family, and friends, especially if they are seniors, young children, or have special needs.
- Fans work best at night, when they can bring in cooler air from outside. Keep windows open so fresh air can flow through your home.
- Drink fluids – particularly water – even if you do not feel thirsty.* Avoid beverages containing alcohol, caffeine, or high amounts of sugar.
- Wear lightweight, light-colored, loose clothing that covers as much of your skin as possible.
- Never leave children, pets, or those who require special care in a parked car during periods of intense summer heat.
- Avoid strenuous activity, especially during the sun's peak hours – 11 a.m. to 4 p.m. If you must engage in strenuous activity, do it during the coolest part of the day, usually in the morning between 4 a.m. and 7 a.m.
- Cool showers or baths may be helpful, but avoid extreme temperature changes, as they may make you nauseated or dizzy.
- Monitor weather conditions by staying tuned to TV and radio broadcasts

POWER OUTAGES

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize food loss and to keep all members of your household as comfortable as possible.

If there is a power outage, call your provider to report the problem:

- Connecticut Light and Power at 800-286-2000
- South Norwalk Electric: (203) 866-3366
- Third Taxing/ East Norwalk Electric at 203-866-9271



How do I prepare for a power outage?

To help preserve your food, keep the following supplies in your home:

- One or more coolers—Inexpensive Styrofoam coolers work well.
- Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.
- If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.
- Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
- Keep your car's gas tank full.

What should I do during a power outage?

Keep food as safe as possible.

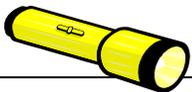
- Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- Keep food in a dry, cool spot and keep it covered at all times.

Electrical equipment

- Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- Leave one light turned on so you'll know when the power comes back on.
- Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

What should I do when the power comes back on?

- Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.
- Throw out unsafe food. Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.



CREATE AN EMERGENCY SUPPLY KIT

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—one gallon per person, per day (3- day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight and glow/light sticks (*NOTE: Do not use candles during a power outage due to the extreme risk of fire.*)
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash

SEVERE WEATHER

Severe thunderstorms and tornados can occur with little warning in summer months due to high temperatures. Stay updated on weather threats when making outside plans. Stay away from downed wires and trees. Severe weather can result in power outages so have a disaster plan and kit ready.

How can I prepare ahead of time?

- Learn about your local community's emergency warning system for severe thunderstorms.
- Discuss thunderstorm safety with all members of your household.
- Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail.
- Make a list of items to bring inside in the event of a severe thunderstorm.
- Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches.
- Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home.
- Get trained in first aid and learn how to respond to emergencies.

What should I do during a thunderstorm or tornado?

- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe
- In a tornado, The safest place to be is an underground shelter, basement or safe room. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative

What do I do after a thunderstorm or tornado?

- Never drive through a flooded roadway. Turn around, don't drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or disabled.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.



BARBECUE SAFETY

Every year Americans look forward to summer vacations, camping, family reunions, picnics, and the Fourth of July.. Summertime should be a time for fun and making happy memories. Knowing a few fire safety tips and following instructions will help everyone have a safe summer.

- Before using a grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes - where the air and gas mix - are not blocked.
- Never leave a lit grill unattended.
- Do not overfill the propane tank.
- Do not wear loose clothing while cooking at a barbecue.
- Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately. Supervise children around outdoor grills.
- Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.
- Propane and charcoal BBQ grills must only be used outdoors – they pose a fire hazard and can produce carbon monoxide if used indoors.
- Make sure everyone knows to Stop, Drop and Roll in case a piece of clothing does catch fire. Call 911 if a burn warrants serious medical attention.
- Position the grill well away from siding, deck railing, and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas, and foot traffic.
- Keep children and pets from the grill area: declare a three-foot "safe zone" around the grill.
- Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames when cooking.
- Periodically remove grease or fat buildup in trays below the grill so it cannot be ignited by a hot grill.



HEAT RELATED ILLNESSES

Prolonged exposure to the heat can be harmful and potentially fatal. Seniors, children, and people with preexisting medical conditions are especially susceptible to the effects of extreme heat. Be aware of heat-related illnesses and suggested treatments.

HEAT EXHAUSTION

Symptoms: heavy sweating, weakness, weak pulse, fainting, or vomiting, and cold, pale, clammy skin. Body temperature may seem normal.

Response:

- Move the victim to a cool place.
- Loosen clothing and apply cool, wet cloths to the neck, face, and arms.
- If the victim is conscious, have him or her drink water slowly, unless nausea occurs. Give the victim half a glass of water every 15 minutes.
- Call 911 for medical attention. If heat exhaustion is not treated, it can worsen and lead to heat stroke.

HEAT STROKE (SUNSTROKE)

Symptoms: Hot, dry skin, rapid pulse, high body temperature, lack of sweating and possible unconsciousness. Body temperature can be so high that brain damage or death may result in fewer than 10 minutes if the victim does not receive immediate medical attention.

Response:

- Call 911 immediately for medical help.
- Remove the victim's clothes and wrap his or her body in cool, wet sheets.
- Bring the victim to a cool place, and try a cool bath or sponging. Use fans or air conditioners.
- Keep the victim lying down.
- Do NOT give the victim any fluids



RESPIRATORY PROBLEMS

High ozone levels, which can accompany heat waves, make air quality poor. Ozone can cause breathing problems, especially among those with respiratory conditions.

Prevention:

People who exercise or work outdoors, and those with respiratory diseases, should limit strenuous outdoor activity particularly during the afternoon and early evening hours. For air quality updates visit www.airnow.gov or call the **CT Air Quality Index Hotline at (800) 249-1234**