

Your Lakeridge Guide
For Emergency
Preparedness

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This **Lakeridge Guide to Emergency Preparedness** is made available to the residents of Lakeridge with a special thanks to the efforts of the Lakeridge Staff, Safety Committee, and the Board of Directors.

Lakeridge Management Office
Village Center Drive, Torrington, CT 06790
Phone: 860-482-9401
24 Hours/Day Phone: 860-601-4070

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Emergency Phone Numbers

All Emergencies - Ambulance - Fire - Police 911

American Red Cross	860-482-8182
AT&T Residence Repair	611
Cablevision	860-567-3103
Campion Ambulance Service	860-482-3366
Charlotte Hungerford Hospital Emergency Room	860-496-6650
Charlotte Hungerford Hospital General Information	860-496-6666
CLP/Northeast Utilities Emergency Center	800-286-2000
Northwest Connecticut Medical Walk-In	860-489-8444
Patriot Taxi	860-869-4111
Poison Control Center – UCONN Health Center	800-222-1222
Diamond Creek Kennels	860-491-3904
Tail Waggers Kennels	860-489-8838
Torrington Animal Hospital	860-489-4231
Torrington Emergency Operation Center	860- 626-7537
Torrington Fire Department	860-489-2255
Torrington Police Department	860-489-2000

Local Fuel Companies:

Bantam Fuel	860-567-9431
Hocon	860-744-8686
Kasden Fuel Company	860-289-5431
Superior Plus Energy	860-489-3128
Quinoco	860-482-1836

Lakeridge Emergency Communications

In the event of an emergency communication is a key element for obtaining assistance. Please see the list below for important emergency information.

Outgoing Communications

Outgoing communications will be executed by email, telephone, and megaphone.

Incoming Communications

On Duty Maintenance	860-601-4070
Front Gate	860-489-7469
West Lodge	860-482-9463
Lakeridge Management Office	860-482-9401 ddougal@lakeridge-ct.com
Maintenance Help Desk	860-482-9401 maintenance@lakeridge-ct.com
General Manager	860-601-3027 hcinel@lakeridge-ct.com
Facility Manager	860-601-3028 jsullivan@lakeridge-ct.com
Office Manager	860-601-3755 hleonard@lakeridge-ct.com

General Gathering Place

In the event of an emergency if there is a need for a general gathering place it will be determined with regard to the type of emergency, and you will be notified of the location by the above listed outgoing communication methods.

City of Torrington – Emergency Operation Center and Sheltering

The Emergency Management Office and Emergency Operation Center (EOC) are located at the Torrington Fire Department, 111 Water Street, Torrington. The office phone number is 860- 626-7537. In the event of a disaster, this center is opened for the duration of the incident.

The extent of any sheltering operations that might require for the sheltering of City residents will be based on the extent of a given emergency. Based upon this information, the number and locations of these shelters will be determined and announced by newspapers, radio and television. If companion animals are not permitted in the facility, information will be provided to their owners about shelters that have been opened to house and care for animals.

Preparing for an Emergency

Emergency events can occur quickly and without warning. Planning for any emergency requires considering all likely scenarios. If you are able to stay at home, electricity, water, heat, air conditioning, telephone service and transportation could be disrupted or lost for a considerable amount of time. Most emergency management planners suggest having enough food, water, medications and other essentials on hand to last your family for three to five days for weather-related events. In other types of emergencies, you may have to evacuate your home or community. In any case, it is important to develop a household emergency preparedness plan that includes:

- An Emergency Preparedness Kit.
- An escape plan that includes at least two emergency meeting places. Pick one right outside your home in case of a sudden emergency, such as fire. Pick at least one other place outside your neighborhood in case you can't return home.
- An emergency communications plan. Choose an out-of-town person to be your contact point for family members to call if you are separated.
- Information about school and workplace emergency plans.

Residents Emergency Preparedness Kit

The basic items that should be stored in your home are water, food, first-aid supplies, an ABC fire extinguisher, clothing and bedding, tools, emergency supplies and specialty items. Keep the items that you would most likely need at home in one easy-to-carry container such as a plastic storage container, camping backpack or duffel bag. Store it in a convenient place, and put a smaller version in your car. Keep items in airtight plastic bags. Remember to change the stored water and rotate the food supplies every six months (place dates on containers). Check the supplies and re-think your needs every year. Also, consult your physician or pharmacist about storing prescription medications.

Water

Purchase bottled water, or store tap water in clean, airtight plastic containers. Avoid containers that will decompose or break, such as glass bottles. Plan for one gallon of water per person per day for at least three days. Water should be stored in a cool, dark place with the date labeled on the container. Having some water purification tablets on hand could be useful in the event of an extended water service outage.

Food

Store at least a three-day supply of nonperishable food per person. Foods should require no refrigeration, preparation, or cooking, and little or no water. Examples include: ready-to-eat canned meats, fruits and vegetables, canned or boxed juices, soup, condiments such as sugar, salt and pepper; high-energy food like peanut butter, jelly, low-sodium crackers, granola bars and trail mix, vitamins, foods for infants or persons on special diets, cookies, hard candy, instant coffee, and sweetened cereals.

First-Aid Kit

Assemble a first-aid kit for your home and each vehicle. Items should include sterile adhesive bandages in assorted sizes, gauze pads, hypoallergenic adhesive tape, triangular bandages, sterile gauze roll bandages, Ace bandages, scissors, tweezers, needle, moistened towelettes, antiseptic, thermometer, tube of petroleum jelly, safety pins, cleansing soap, latex gloves and sunscreen.

Tools and Supplies

Keep the following items handy for all-around use: battery-powered radio, flashlight, extra batteries of assorted sizes, duct tape, aluminum foil, rope, saw, mess kits or paper cups, plates and plastic utensils, cash (include change) and/or traveler's checks, non electric can opener and utility knife, small ABC fire extinguisher, tent, pliers, adjustable wrench, compass, waterproof matches, plastic storage containers, signal flares, paper and pencil or pen, needles and thread, whistle, plastic sheeting and local map. For sanitation, pack toilet paper, soap and liquid detergent, plastic garbage bags with ties, a plastic bucket and lid, disinfectant, and bleach.

Clothing and Bedding

Assemble one or two changes of clothing per person, sturdy shoes or work boots, rain gear, blankets or sleeping bags, pillows, hats and gloves, and thermal underwear.

Specialty Items

Babies—formula, diapers, bottles, powdered milk and medication.

Adults—medications, prescriptions, denture needs, eyeglasses and/or contact lenses and related supplies, personal hygiene items.

Entertainment—games, books and several quiet toys for children.

Important Family Documents—wills, insurance policies, bank account numbers, contracts, deeds, passports, stocks and bonds, immunization records, important phone numbers, credit card accounts, Social Security cards and other personal family records.

Pets

Prepare a list of kennels, friends, or family members who may be able to care for your pet in an emergency. If you plan to place your pet in a kennel, make sure that the facility has an adequate disaster plan itself. If you must leave your pet behind confine your pet to a specific room in the house and provide plenty of food and water to sustain the animal while you are away. Put together a basic disaster kit for your pets:

- An airline-approved carrier for each dog, cat or other pets.
- ID with photo, vaccination and registration records, medicines, collar/leash.
- Supply of pet food, water, bowls, can opener, trash bags, and blankets.

Local Kennels: Tail Waggers, 568 Torrington Rd., Litchfield, CT – 860-489-8838
Diamond Creek, 416 Old Middle St., Goshen, CT – 860-491-3904

Fires

Seldom do fires in commercial buildings lead to fatalities. Fire deaths occur most frequently in multifamily residences and single-family homes when fires are out of control and occupants are unable to escape. In these fires the primary cause of death is not the fire itself, but smoke inhalation – the carbon monoxide in smoke can be lethal. Smoke can also impede escape by obscuring routes to safety. The most effective tactic from having a fire start in the first place is to use preventive measures.

Fire Prevention and Safety Tips

- Keep storage areas clean and do not let debris collect.
- Ensure that all windows and doors open and close easily.
- Make sure that all locks and deadbolts are working properly.
- Keep flammable materials away from cook tops, heaters, and stoves, etc.
- Do not overload extension cords or electrical outlets.
- Make sure to clean out your dryer vent screens.
- Open your fireplace damper before starting a fire and keep all combustibles away.
- Keep lighters and matches away from children.
- Keep plastics, pillows, toys, and flammables away from electric radiators.
- Have and practice an escape plan for your home should there be a fire.

During a Fire

- Maintain contact with a wall
- Use handrails while descending stairs
- Test doors before opening by putting the back of your hand to them. If the door is hot, find another way out. If it is cool, open the door slowly and carefully, and be ready to close it quickly if heat or smoke pours in.
- Walk calmly; never panic or shove others
- Crawl low under any smoke to your exit
- Close doors behind you as you escape to delay the spread of the fire
- Stay out once you are safely out. Do not re-enter. Call **9-1-1**.

If you cannot Escape

- Try to find a room with an exterior window, and stay there until help arrives.
- Use the telephone, if possible, to call **9-1-1** and let personnel know exactly where you are
- Keep smoke out by sealing cracks and covering vents with clothing, newspapers, towels, etc.
- If possible, breath through a wet cloth
- Wave something brightly colored out the window to attract attention.

Power Outages

Unforeseen power outages caused by utility blackouts or severe weather conditions can be devastating to both human and real property. With this in mind one should be prepared in the event a power outage does happen.

Before a Power Outage Arrives

- Make sure your Emergency Preparedness Kit is ready and accessible.
- If you use medication that requires refrigeration, most can be kept in a closed refrigerator for several hours without a problem, but make sure to check this with your physician or pharmacist.
- Keep your car fuel tank at least half full because gas stations also lose power.
- If you have a telephone system at home or at work that requires electricity to work (such as a cordless phone or answering machine), plan for alternate communication, including having a standard telephone handset or cellular telephone.
- If you use a computer, keep files and operating systems backed up regularly. Consider buying a battery backup system for the computer.

During a Power Outage

- To report or obtain information for a power outage call **CL&P at 1-800-286-2000**
- Use light sticks and battery-operated flashlights. Candles are not recommended.
- Turn off or disconnect any appliances, equipment (like air conditioners) or electronics you were using when the power went out. When power comes back on, it may come back with momentary "surges" or "spikes" that can damage equipment such as computers and motors in appliances like the air conditioner, refrigerator, washer, or furnace.
- Leave one light turned on so you'll know when your power returns. Leave the doors of your refrigerator and freezer closed to keep your food as fresh as possible. If you must eat food, check it carefully for signs of spoilage.
- Listen to a portable battery operated radio for the latest information.
- Eliminate unnecessary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion.
- Remember that equipment such as automated teller machines (ATMs) and elevators may not work during a power outage.
- If it is hot outside, take steps to remain cool. Move to the lowest level of your home. Wear lightweight clothing. Drink plenty of water.
- If it is cold outside, put on layers of warm clothing. Never burn charcoal for heating or cooking indoors. Never use your oven as a source of heat. If the power may be out for a prolonged period, plan to go to another location (relative, friend, or public facility) that has heat to keep warm.

Tornadoes

Tornadoes are one of nature's most violent storms. They can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds. Damage paths can be in excess of one mile wide and 50 miles long.

Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible.

Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm.

What to do Before a Tornado

- Make sure your Emergency Preparedness Kit is ready and accessible.
- Be alert to changing weather conditions.
- Listen to commercial radio, television newscasts, or NOAA radio for the latest information.
- Look for approaching storms.
- Look for the following danger signs:
 1. Dark, often greenish sky
 2. Large hail
 3. A large, dark, low-lying cloud (particularly if rotating)
 4. Loud roar, similar to a freight train.

If you see approaching storms or signs, be prepared to take shelter immediately.

What to do During a Tornado

- In a home or building, move to the lowest level of the home such as a basement or crawlspace.
- If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead leave it for safe shelter.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression and cover your head with your hands.
- Be aware of flying debris, which causes most fatalities and injuries.

Wildfires

Wildfires are one of the most destructive natural forces known to mankind, and can be a particular threat to those who live near areas of dry grass or vegetation, open fields, and wooded areas. While often starting unnoticed, wild fires spread quickly igniting brush, trees, and buildings in their path. They are sometimes cause by lightning, but people who are careless start most of them.

The current increase in wildfires can be explained by:

1. Accumulation of fuel in the form of fallen leaves, branches, and forest overgrowth
2. Increasingly dry, hot weather
3. Changing weather patterns across the US.
4. Increased residential development in the wild land areas.

Wildfire Prevention

- Use grills away from buildings, trees or bushes.
- Use caution when disposing of used charcoal. Never put hot coals into a garbage bag or bin.
- When starting a fire outside always have a way to extinguish it quickly.
- Never leave a fire - even a cigarette burning unattended.
- Keep matches and lighters out of a child's reach.
- Never leave a vehicle running near combustible materials such as grass and brush.
- Keep woodpiles, debris, combustibles, and daily garbage away from buildings.

If you see a Wildfire

If you see a wildfire, call 9-1-1. Don't assume that someone else has already called. Describe the location of the fire, speak slowly and clearly, and answer any questions asked by the dispatcher.

Before the Fire Approaches Your House

- Evacuate your pets and all family members who are not essential to preparing the home.
- Wear Protective Clothing.
- Clear items that will burn from around the house, which includes lawn furniture, barbecue grills, tarps, etc.
- Close outside vents, windows, doors, pet doors, etc. Remove flammable drapes and curtains.
- Close all doors inside the house to prevent draft. Open the damper on your fireplace, but close the fireplace screen.
- Shut off any gas, propane or fuel oil supplies at the source.

- Close all garage doors, but disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out.
- Place valuable papers, mementos and anything “you can’t live without” inside the car ready for quick departure.
- Leave doors and windows closed but unlocked. It may be necessary for firefighters to gain quick entry into your home to fight fire. The entire area will be isolated and patrolled by police.

During a Wildfire

During a wildfire if you are instructed by emergency personnel to evacuate, do so immediately following their instructions.

If there is a fire in your home evacuate it immediately by:

- Maintaining contact with a wall
- Using handrails while descending stairs
- Testing doors before opening by putting the back of your hand to them. If the door is hot, find another way out. If it is cool, open the door slowly and carefully, and be ready to close it quickly if heat or smoke pours in.
- Walking calmly; never panic or shove others
- Crawling low under any smoke to your exit
- Closing doors behind you as you escape to delay the spread of the fire
- Stay out once you are safely out. Do not reenter. Call 9-1-1.

If you cannot escape:

- Try to find a room with an exterior window, and stay there until help arrives.
- Use the telephone, if possible, to call 911 and let personnel know exactly where you are
- Keep smoke out by sealing cracks and covering vents with clothing, newspapers, towels, etc.
- If possible, breathe through a wet cloth
- Wave something brightly colored out the window to attract attention.

After a Wildfire

If you needed to evacuate your home as the result of a wildfire, you should return only when the fire department has released permission to re-enter your home. Even then you should proceed with caution when returning to an area burned by a wildfire.

Keep in mind that lingering hot spots can burst into flame without warning. For this reason you should for several hours after the fire, maintain a "fire watch." Re-check for smoke and sparks throughout the house.

Winter Storms

Winter storms in the form of heavy snow or a blizzard, sleet, and freezing rain can lead to a hazardous situation. They can disrupt communities by impeding road travel and providing for needed services. With this in mind one should make sure to be prepared before a winter storm hits.

Before Winter Storms Arrive

- Winterize your home to extend the life of your fuel supply by insulating walls and attics, and using caulking and weather-stripping.
- Make sure your Emergency Preparedness Kit is ready and accessible.
- Learn how to shut off water valves (in case a pipe bursts).
- Maintain an adequate supply of heating fuel because fuel carriers may not reach you for days after a severe winter storm.
- Listen to commercial radio, television newscasts, or NOAA radio for the latest weather information.

During a Winter Storm

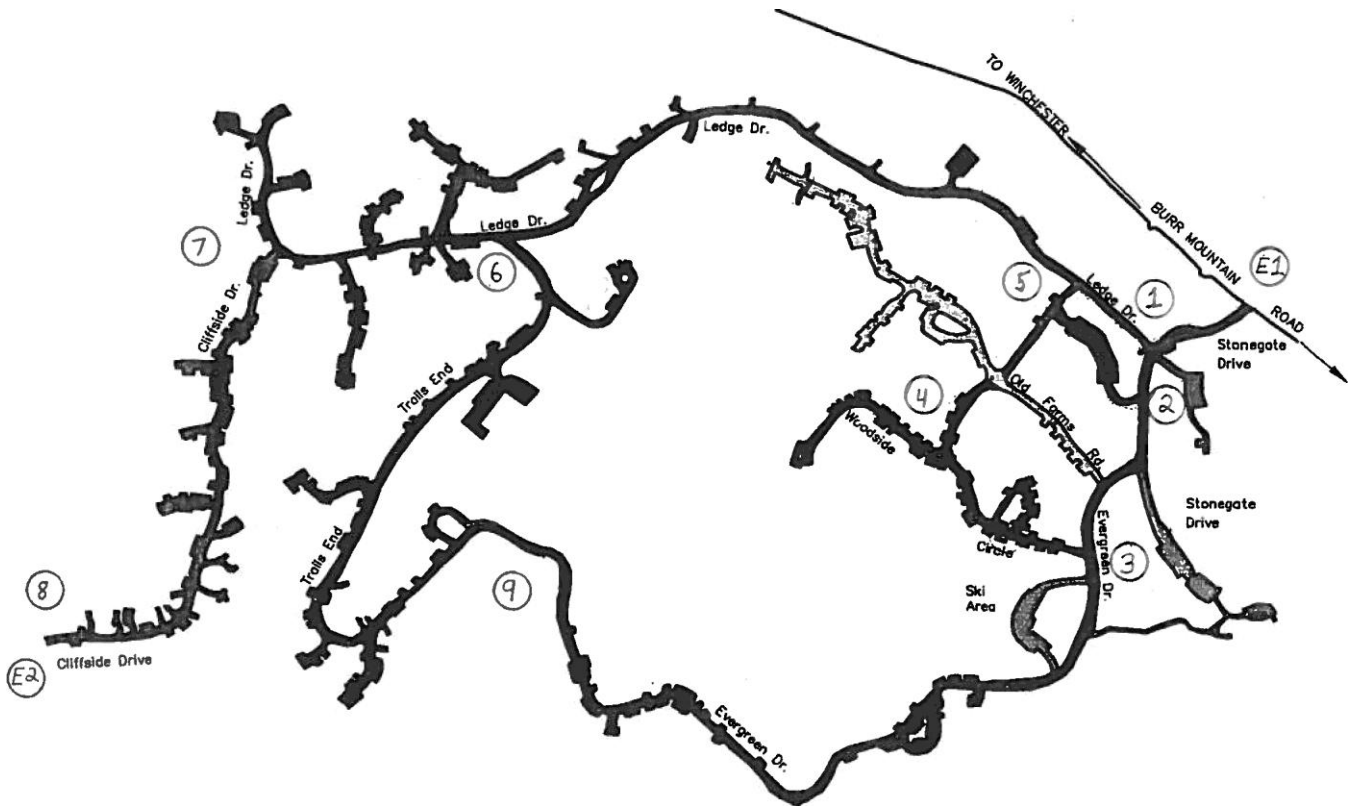
- Wear layered clothing and do not overexert yourself.
- If using alternative heating such as a fireplace, wood stove, or space heaters employ safeguards making sure they have been installed properly and are well ventilated.
- Conserve fuel by keeping your residence cooler than normal. If no heat is available close off unused rooms.
- Eat regularly and drink ample fluids, but avoid caffeine and alcohol. Food provides the body with energy to produce its own heat, and fluids prevent dehydration.
- Watch for signs of frostbite – a loss of feeling and a white or pale appearance of areas of the extremities. If notice seek medical help immediately.
- Watch for signs of hypothermia – memory loss, uncontrollable shivering, drowsiness, and exhaustion. If notice seek medical help immediately.

After a Winter Storm

- Do not drive on roadways until local authorities open them back up if they were close.
- Check your home for any problems that may be weather related such as frozen pipes, and mechanical or heating system problems.
- Check on neighbors, especially those who may need extra help.

Emergency Evacuation Plan

In an emergency/disaster situation local officials may call for the evacuation in areas at greatest risk within the Lakeridge community. In order to assist the community during an emergency evacuation, the community will be informed how and where to evacuate, and individuals will be placed at the below listed locations to help with directing traffic.



- E1: Exit # 1 Stonegate Drive and Burr Mountain Road
- E2: Exit # 2 Cliffside Drive and Saw Mill Hill Road
- 1: Stonegate Drive and Ledge Drive
- 2: Stonegate Drive and Evergreen Road
- 3: Evergreen Road and Woodside Circle
- 4: Woodside Circle and Village Center Drive
- 5: Village Center Drive and Mgt. Parking Lot
- 6: Ledge Drive and Trailsend Drive
- 7: Ledge Drive and Cliffside Drive
- 8: Cliffside Drive where road turns to dirt.
- 9: Trailsend Drive and Evergreen Road

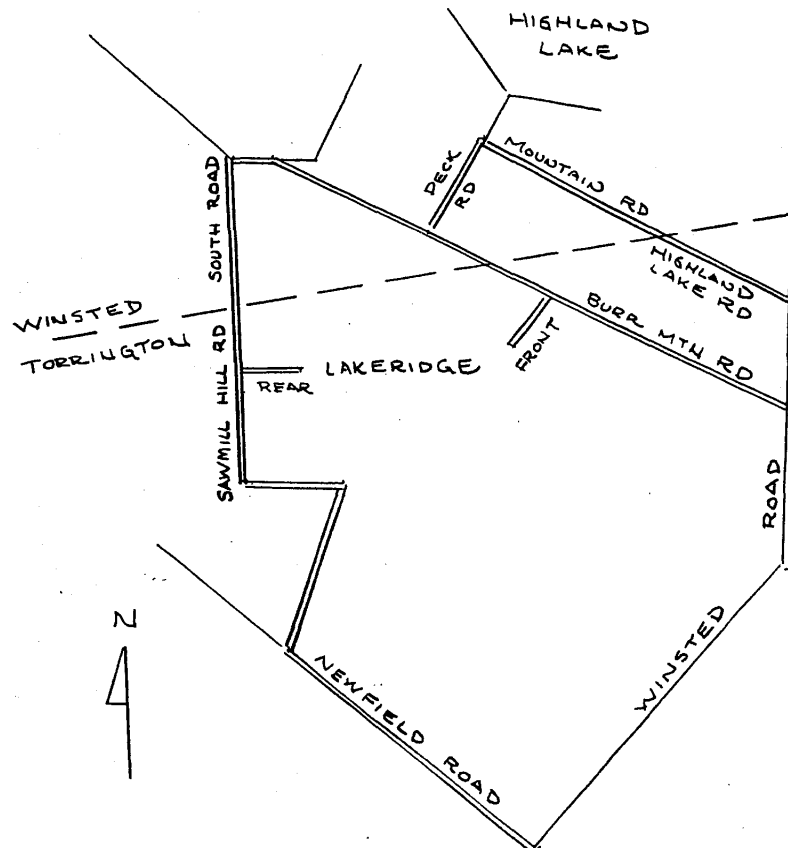
Directions from Lakeridge to Downtown Torrington

Route # 1

This evacuation route utilizes the front entrance/exit that is used on a daily basis, and is located at the intersection of Stonegate Drive and Burr Mountain Road. From Stonegate Drive you can take a right onto Burr Mountain Road, which will then bring you to Winsted Road. The other option from Stonegate Drive is to take a left onto Burr Mountain Road, after this take your first right onto Peck Road and follow this to the first intersection, at this intersection take another right onto Mountain Road which eventually becomes Highland Lake Road, which will then bring you to Winsted Road.

Route # 2

The secondary emergency evacuation route is located at the Lakeridge Stables at the intersection of Cliffside Drive and Saw Mill Hill Road. This location is normally kept closed, but would be opened in the event of an emergency evacuation. From Cliffside Drive take a left onto Saw Mill Hill Road and follow this road to the end where you will take a sharp left turn onto Starks Road, from Starks go to your first right hand turn and take this and follow it to a four way intersection. At this intersection take a left onto Eichner Road and follow this road to your next four-way intersection. Take a left onto Newfield Road, which in turn will eventually bring you to North Main Street in Torrington.



Resources

This guide to emergency preparedness along with these resources is provided as an informational service. They do not constitute an endorsement of any organizations, businesses, products or content of this guide and the resource contact information within can be subject to change. No matter what type of an emergency there is, it is always best to follow the directions of all emergency personnel.

American Red Cross (ARC) 2025 E Street, N.W., Washington, DC 20006 (phone: 202-303-4498; web site: www.redcross.org).

Centers for Disease Control and Prevention (CDC), 1600 Clifton Road, Atlanta, GA 30333 (phone: 404-639-3534; web site: www.cdc.gov).

Department of Homeland Security (DHS), Washington, DC 20528 (web site: www.dhs.org).

Federal Emergency Management Agency (FEMA), 500 C Street, S.W., Washington DC 20472 (phone: 202-566-1600; web site: fema.gov).

National Oceanic and Atmospheric Administration (NOAA), National Weather Service (NWS), 1325 East West Highway, Silver Spring, MD 20910 (web site: www.nws.noaa.gov).

The Humane Society of the United States, 2100 L. Street, N.W. Washington, DC 20037 (phone: 202-452-1100; web site: www.hsus.org).

U.S. Fire Administration (USFA), 16825 South Seton Avenue, Emmitsburg, MD 21727 (phone: 301-447-100; web site: www.usfa.dhs.gov).

R: 11-17-11