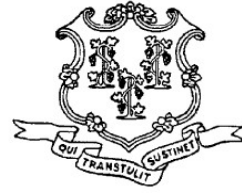


News



FOR IMMEDIATE RELEASE

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Health Officials Remind Residents of Safety After Storm

Hartford – With thousands of households in the state without power, and residents cleaning up across the state, it is important to protect your health and safety in the storm's aftermath.

Food Safety: When in doubt, throw it out!

- The refrigerator will keep food at proper temperature for about four hours if the doors are not opened. A full freezer will hold a safe temperature for 48 hours (24 hours if half full).
- If the temperature in your refrigerator or freezer goes above 40 degrees, throw away perishable foods such as beef, poultry, fish, eggs, dairy, and cut fruits and vegetables.

Drinking Water

- Listen for reports from your public water supply system to learn if your water is safe.
- If an advisory has been issued concerning contaminated water, use only bottled, boiled, or treated water for drinking, cooking, food preparation, and hand washing.

Carbon Monoxide (CO) Poisoning

- Place your generator at least 20 feet from the house and away from windows, doors and vents. Never use a generator indoors or inside of a garage, basement, or on a porch.
- DO NOT use charcoal or gas grills, gas lanterns or camping stoves indoors.
- Know the symptoms of CO poisoning: headache, dizziness, weakness, nausea, vomiting, sleepiness and confusion. If you suspect CO poisoning, get outside and dial 9-1-1.

Remember Medications

If you are leaving home to stay with a friend or family member, at a shelter or at a warming center, remember to bring all prescription and non-prescription medications, including insulin and testing supplies. Remember to contact your medical supplier to have medical supplies delivered to where you are sheltering, if necessary.

Check on Family, Friends, and Neighbors

Call or visit family, friends, or neighbors who are homebound, have special needs, or who live alone and may need help. Dial 2-1-1 for assistance if someone needs shelter or power for life-sustaining medical devices.

For more information about staying safe and healthy after a disaster or storm, visit

www.ct.gov/dph.

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