



Being prepared
for the next
**Weather
EMERGENCY**

From **Your** State Senator
Carlo Leone

*Representing the communities of
Stamford & Darien*

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SIGN-UP FOR MY E-NEWSLETTER @ MY WEB SITE

With weather emergencies becoming more frequent, I want to make sure you and our Stamford neighbors know how to take advantage of resources Connecticut has available—with all the information in one place. I hope you find this card useful, and as always, don't hesitate to contact my office.

You can learn more at: **www.senatedems.ct.gov/Storm**

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STATE
SENATOR

CARLO LEONE

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IMPORTANT PHONE NUMBERS & WEBSITES

Stamford Emergency Preparedness..... 203-977-5900www.bepreparedstamford.org
CT Alert Emergency Notification System (text alerts)..... <http://tinyurl.com/StamfordAlerts>
CT Dept. of Emergency Services 860-256-0800www.ct.gov/demhs twitter.com/ctdemhs
CT Dept. of Public Health..... 1-860-509-8000.....www.ct.gov/dph/prepare..... twitter.com/ctdph
CT Poison Control Center 1-800-222-1222www.poisoncontrol.uhc.edu
United Way Info-Line..... 2-1-1.....www.211ct.org..... twitter.com/211CT
CT Red Cross 1-877-287-3327www.redcross.org/ct..... twitter.com/CTRedCross
CL&P Storm Center..... 1-800-286-2000www.cl-p.com/stormcenter..... twitter.com/CTlightandpower
State Senator Carlo Leone 1-800-842-1420www.SenatorLeone.cga.ct.gov
Governor Dannel Malloy..... www.facebook.com/GovMalloyOffice..... twitter.com/govmalloyoffice
Stamford Advocate www.stamfordadvocate.com..... twitter.com/StamAdvocate

MAKE AN EMERGENCY SUPPLY KIT

If there is an emergency you might not be able to get food, water or other things you need to survive. That's why you should make an emergency supply kit with enough supplies for you and your family for at least three days.

- ✓ A supply of water in bottles or jugs (at least one gallon for every person in your home for each day).
- ✓ Food in cans or sealed packages that do not have to go in the refrigerator or be cooked.
- ✓ Manual can opener, paper plates, plastic utensils, paper towels, toilet paper, soap.
- ✓ Battery-powered radio, flashlights, cell phone, cell phone car charger, and extra batteries.
- ✓ First-aid kit with medicines, eye glasses, medical supplies, and a list of the doctors you go to.

