

EIGHT TIPS TO BE READY FOR AN APPROACHING HURRICANE

- 1. Monitor local radio and TV for updates.** The path of the storm could change quickly and unexpectedly. Follow the instructions of state, local, and national leaders.
- 2. Hunker down and take shelter.** Everyone should stay alert as a hurricane moves toward the United States.
- 3. Communicate with friends and family.** Tell them where you are riding out the storm and how you will let them know you're safe. You can call, text, email, or use social media.
- 4. Keep away from windows.** Close storm shutters; flying glass from broken windows could injure you.
- 5. Prepare for power outages.** Turn your refrigerator or freezer to the coldest setting, and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to check food temperature when the power is restored.
- 6. Be aware of potential storm surges expected with hurricanes.** Storm surges pose a great threat to safety and can cut off potential evacuation routes. If you're told to evacuate, don't wait.
- 7. Avoid driving through flooded areas.** Almost half of flash-flooding deaths occur in vehicles, according to the Federal Emergency Management Agency (FEMA). When you're driving, look out for flooding in low-lying areas, at bridges, and at highway dips.
- 8. Download the FEMA app for disaster resources, weather alerts, and safety updates.** The app (available in English and Spanish) provides a customizable checklist of emergency supplies, maps of open shelters and recovery centers, disaster survival tips, and weather alerts from the National Weather Service (<https://www.fema.gov/mobile-app>).

Workplace Options (Adapted from USA.gov Blog). (Revised 2018 [Ed.]). *Eight tips to be ready for a hurricane* (B. Schuette, Ed.). Raleigh, NC: Author



BUILD A DISASTER SUPPLIES KIT

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for at least 72 hours. A *disaster supplies kit* is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. If you're headed to the store, print out a version to take with you. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags, and put your entire disaster supplies kit in one or two easy-to-carry containers, such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:

- Water—one gallon of water per person per day for at least three days, for drinking and sanitation
- Food—at least a three-day supply of nonperishable food
- Battery-powered or hand-crank radio and a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air, and plastic sheeting and duct tape to shelter in place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

Consider adding the following items to your emergency supply kit based on your individual needs:

- Prescription medications
- Nonprescription medications such as pain relievers, anti-diarrhea medication, antacids, or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents, such as copies of insurance policies, identification, and bank account records, saved electronically or in a waterproof, portable container

(List continues on next page.)



- Sleeping bag or warm blanket for each person
- Sturdy shoes and complete change of clothing appropriate for your climate
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil
- Books, games, puzzles, or other activities for children

Maintaining Your Kit

After assembling your kit, remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Rethink your needs every year, and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles:

- **Home:** Keep this kit in a designated place, and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Vehicle:** In case you are stranded, keep a kit of emergency supplies in your car.

U.S. Federal Emergency Management Agency (FEMA), Ready.gov. (Revised 2017). *Build a kit*. Retrieved September 17, 2018, from <https://www.ready.gov/>



EVACUATING YOURSELF AND YOUR FAMILY

Plan to evacuate.

A wide variety of emergencies may cause an evacuation. In some instances, you may have a day or two to prepare, while others situations might call for an immediate evacuation. Planning ahead is vital to ensuring that you can evacuate quickly and safely, no matter what the circumstances.

Before an Evacuation

- **Learn** the types of disasters that are likely in your community and the local emergency, evacuation, and shelter plans for each specific disaster.
- **Plan** how you will leave and where you will go if you are advised to evacuate:
 - Identify several places you could go in an emergency, such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
 - If needed, identify a place to stay that will accept pets. Most public shelters allow only service animals.
 - Be familiar with alternate routes and other means of transportation out of your area.
 - Always follow the instructions of local officials, and remember that your evacuation route may be on foot depending on the type of disaster.
- **Develop a family/household communication and reunification plan** so that you can maintain contact and take the best actions for each of you and reunite if you are separated.
- **Assemble supplies** that are ready for evacuation, both a "go-bag" you can carry when you evacuate on foot or public transportation, and supplies for traveling by longer distances if you have a personal vehicle.
- Here are tips if you have a car:
 - Keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
 - Make sure you have a portable emergency kit in the car.
- If you do not have a car, plan how you will leave if needed. Make arrangements with family, friends, or your local government.

