

## Hurricane Survival Guide 2024

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NOAA predicts above-normal 2024 Atlantic hurricane season -

<https://www.noaa.gov/news-release/noaa-predicts-above-normal-2024-atlantic-hurricane-season>

Sales Tax Holiday Aug. 24 to Sep. 6 - <https://floridarevenue.com/DisasterPrep>

Poster: <https://floridarevenue.com/DisasterPrep/Documents/2024/DPposter11X17.pdf>

### ===== DISASTER MANUALS

- Division of Emergency Management - <https://www.floridadisaster.org/planprepare/>
- Family Plan - <https://www.ready.gov/plan-form>
- 2024 Florida Hurricane Guide - <https://www.floridadisaster.org/globalassets/fdem-hurricane-guide-2024.pdf>

Disaster Preparation & Recovery - <https://disaster.ifas.ufl.edu/trees--landscapes/>  
Trees & Landscapes: Selection, Pruning, Hiring an Arborist, Clean Up, Recovery

Health, Home and Pets - <https://disaster.ifas.ufl.edu/health-home--pets/>  
Healthy Cooking, Food & Supplies ••• Food & Water Safety  
Clean Up & Repairs ••• Finances & Insurance ••• Mental Health

Replacing Lost or Damaged Documents - <https://edis.ifas.ufl.edu/pdf/DH/DH21500.pdf>

Recovery After Disaster: The Family Financial Toolkit -

[https://drive.google.com/file/d/1zJQ4Vf\\_vVNYGnh3H3e-KewhOoMbdLtsO/view](https://drive.google.com/file/d/1zJQ4Vf_vVNYGnh3H3e-KewhOoMbdLtsO/view)

### ===== YOUR HOME

Find an Arborist for proper tree care - <https://www.treesaregood.org/findanarborist>

Don't duct tape windows: still breaks, shards larger & more dangerous, glue sticks forever  
Clean out your gutters ahead of time!

Protecting Windows (examples) - [https://www.3m.com/3M/en\\_US/p/d/b00016667/](https://www.3m.com/3M/en_US/p/d/b00016667/)  
• <https://www.fhiahurricanewindows.com>

Window Coverings - Make sure you have emergency exit doors or windows available.

STORM PANELS - Plywood, Fabric, Corrugated Aluminum, Galvanized steel, Polycarbonate  
SHUTTERS - Accordion, Louvered, Solid Panel, Bahama, Roll Down

Category 1 – Wind speeds 74 – 95 miles per hour

Category 2 – Wind speeds 96 – 110 miles per hour

Category 3 – Wind speeds 111 – 130 miles per hour

Category 4 – Wind speeds 131 – 154 miles per hour

Category 5 – Wind speeds 155+ miles per hour

Wood info example: <https://plyfastner.com/board-up-windows-hurricane-protection>

Garage Door Brace - Examples - <https://www.securedoorbraces.com/> •

<https://www.lowes.com/n/how-to/how-to-install-garage-door-storm-braces>

## ===== GENERATORS

- Do your research and consider “what do I really need?”
- Search for top 10 Portable Generators for home use
- Varied size generators to fit your needs
- Consider 3-5 days or more without power
- Are you physically able to move the portable outdoors and set it up?
- Are you able to maintain a portable generator hooking it to either propane or gasoline?

Using Portable Generators Safely -

<https://www.osha.gov/sites/default/files/publications/OSHA3286>.

Home Standby Generator -

- Automatically runs on natural gas or liquid propane (LP) fuel when the power is out.
- Professionally and permanently installed outside near your gas line.
- Purchase the generator, and coordinate with your Energy provider and Electrical installer.

Whole House Surge Protector -

Check with your Energy provider or Electrical installer for a professional installation. Works at the meter to help block surges before they reach your home's interior wiring and appliances.

Never light candles during the hurricane - use flashlights only!

## ===== WEATHER

- Emergency Weather Radio - a wide variety of companies offer hand crank, solar charging, NOAA/AM/FM, cellphone charger, and flashlight features
- Portable Battery Phone Charger - Charge it before the power goes out. Have a charger cord for your car too!
- The Weather Channel - <https://weather.com>
- Wunderground - <https://www.wunderground.com/hurricane>
- Mike's Weather Page - <https://www.spaghettimodels.com>
- Elevation - <https://whatismyelevation.com>

## ===== FOOD SAFETY

Food Safety During a Power Outage -

<https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>

Food Safety in a Disaster or Emergency -

<https://www.foodsafety.gov/sites/default/files/2021-05/severe-weather-large.jpg>

- Buy food supplies in May/June, rotate yearly in December
- Mark the month/year on each can or box.
- When in doubt - throw it out. Look and smell - NEVER taste!

Emergencies: Water, Sanitation & Hygiene:

<https://www.cdc.gov/healthywater/emergency/>

<https://www.cdc.gov/healthywater/emergency/making-water-safe.html>

<https://www.cdc.gov/healthywater/emergency/pdf/make-water-safe-during-emergency-p.pdf>

**Cooking Pots** - There are a wide variety of camping supplies to cook meals - look for a sturdy structure that won't tip over easily. Some require Sterno (usable inside/outside your home), some use solid fuel cubes (outside).

## **MRE = Meals Ready to Eat**

These are pre-packaged kits usually with a 3-5 year shelf life. Each meal is often 600-900 calories or more, often with a high salt/sodium level. Used for military, camping, emergency supplies, etc. where it needs no refrigeration. One pouch becomes a heater (really hot) to cook the entree. Many companies and lots of dinner menu items available.

## **===== INSURANCE**

Your policies to review and have accessible - Homeowners, Auto, Health, Life, Accident, Property, and Travel ••• Good idea to have "Replacement Value" on your Homeowners policy (furniture, computer, devices, etc.) to replace items at today's purchase price. You need to purchase this before an event.

Flood Insurance - <https://www.fema.gov/flood-insurance>

The National Flood Insurance Program (NFIP) is managed by the FEMA and is delivered to the public by a network of more than 50 insurance companies and the NFIP Direct -

<https://www.nfipdirect.fema.gov/Membership/SignIn/>

Floods can happen anywhere — just one inch of floodwater can cause up to \$25,000 in damage. Most homeowners insurance does not cover flood damage.

Flood insurance is a separate policy that can cover buildings, the contents in a building, or both -

<https://www.floodsmart.gov/whats-covered>

If you need help finding a provider go to [FloodSmart.gov/flood-insurance-provider](https://www.floodsmart.gov/flood-insurance-provider) or call the NFIP at 877-336-2627. Plan ahead, 30-day waiting period before an event.

FEMA Recovery After a Disaster - <https://www.fema.gov/assistance/individual>

The "Help After a Disaster" brochure is a tool to help people understand the types of FEMA Individual Assistance support that may be available in disaster recovery.

Survivors' Road to Recovery -

<https://www.fema.gov/assistance/individual/program/road-to-recovery>

Save Your Family Treasures - <https://www.fema.gov/disaster/recover/save-family-treasures>

<https://www.disasterassistance.gov/>

## **===== MEDICAL CARE**

**Seeing a doctor during** a disaster or emergency: If you have Original Medicare, you can always see any doctor who accepts Medicare. If you have a Medicare Advantage Plan or other Medicare health plan, contact your health plan about making temporary changes, like using an out-of-network doctor during an emergency or disaster.

**Getting your prescription drugs** during a disaster or emergency: You can move most prescriptions to another nearby in-network pharmacy, and back to your regular pharmacy when the emergency or disaster ends. Contact your Medicare drug plan if you need to use an out-of-network pharmacy.

**Accessing critical care or replacing durable medical equipment** during a disaster or emergency: Learn how to replace durable medical equipment (like wheelchairs and walkers), or get dialysis or cancer treatments in case of a disaster or emergency. ••• The Medicare Team • emailed 6-12-24

<https://www.medicare.gov/what-medicare-covers/getting-care-in-a-disaster-or-emergency>

## ===== MOBILE HOTSPOT PLANS

When the electricity and wi-fi are off, we could choose to have our cellphone become a Mobile Hotspot, giving internet service to our tablet and computer. This can get pricy if we go over our service provider plans - so check with your company ahead of time. Examples of helpful information:

- AT&T - <https://www.moneysavingpro.com/carriers/att/hotspot-plans/>
- Spectrum - <https://www.reviews.org/internet-service/how-to-use-spectrum-wi-fi-hotspots/>
- T Mobile - <https://phonescounter.com/t-mobile-hotspot-plans/>
- Verizon - <https://www.verizon.com/plans/devices/hotspots/>
- Xfinity Mobile Hotspots - <https://www.xfinity.com/learn/internet-service/wifi>

## ===== DOCUMENTS - DIGITAL KIT

### Scan and Sign documents

- Android phone Scan - <https://www.androidauthority.com/scan-documents-android-3149362/>
- Android phone Sign - <https://www.howtogeek.com/how-to-edit-and-sign-a-pdf-on-android/>
- Apple iPhone/iPad Notes - <https://support.apple.com/en-us/108963>

**Cloud Services** - With your User Name and Password, access any photos or documents that you upload to the system through any device connected to the internet, and to download documents directly to your device.

- Apple iCloud - <https://www.icloud.com/>
- Dropbox - <https://www.dropbox.com/mobile>
- Google Drive - <https://www.google.com/drive/download/>

**ICE (in case of emergency)** - Your vital health info and emergency medical contacts are on your smartphone lock screen, so first responders can see it immediately. Without your password, they can't get into your phone.

- Android phone - <https://support.google.com/android/answer/9319337?hl=en>
- Apple iPhone/iPad - <https://support.apple.com/en-us/105072>

## ===== DISASTER SUPPLY KIT AND EVACUATION ROUTES

Disaster Supply Kit Checklist -

<https://www.floridadisaster.org/globalassets/plan--prepare/disaster-supply-checklist.pdf>

Checklist - <http://cdn.cnn.com/cnn/2018/images/09/11/a-checklist-for-a-hurricane.pdf>

Pet Plan - <https://www.floridadisaster.org/planprepare/pets/>

U.S. Small Business Administration -

<https://www.sba.gov/business-guide/manage-your-business/prepare-emergencies>

Marion Evacuation Routes - [https://maps.floridadisaster.org/county/EVAC\\_MARION.pdf](https://maps.floridadisaster.org/county/EVAC_MARION.pdf)

Florida Counties - <https://www.floridadisaster.org/planprepare/disaster-preparedness-maps/>

## ===== EVACUATION CHECKLIST

- Household member information: Everyone's name, date of birth, and cell phone number.
- Pets: Pets' names, species, microchip number, and veterinarian contact.
- Utilities, service contract, and insurance info: All policy IDs or account numbers, emergency contact numbers for water, gas, electric, sewer, cable, and home insurance.
- Emergency contacts: contact info for relatives, friends, and neighbors.
- Emergency kit/go-bag: The contents of the bag and the last time it was checked or stocked.

- Medical information: All doctors and current medication including condition meds are treating, dosage frequency, location in the household, and pharmacy contact.
- Home layout: Draw a layout of your home that includes locations of utility shutoffs for gas and electric as well as safety equipment, fire extinguishers, and emergency supplies.
- Disaster meeting places: List the nearby location and the spot designated outside of your neighborhood.
- General emergency situation information: List where and how you may be notified of an emergency and/or hazard. List media sources or county emergency contact information.

#### ===== HEADING OUT

- Turnpike tolls are free
- Plan evacuation routes
- Book your shelter early
- Full tank of gas
- Car cellphone charger
- \$500 minimum Cash - \$1 to \$20 bills
- The FEMA app helps you to locate emergency shelters and disaster recovery centers. It allows you to register for disaster assistance online and share photos.  
<https://www.fema.gov/about/news-multimedia/mobile-app-text-messages>

#### ===== HEADING OUT DIGITAL KIT examples

GasBuddy - <https://www.gasbuddy.com/app>  
 Traffic slowdowns, wrecks, closures - <https://www.waze.com/>  
 Florida Turnpike - <https://floridasturnpike.com/>  
 Turnpike Live Traffic Updates - <https://www.tpktraffic.com/>

#### Hotels or Housing apps examples -

Expedia - <https://www.expedia.com/app>  
 AirBnB - <https://www.airbnb.com/>  
 Hotels - <https://www.hotels.com/app>  
 For pet friendly hotels try the  
 Bring Fido app for Apple - <https://apps.apple.com/us/app/bringfido/id682820712>  
 Bring Fido app for Android -  
[https://play.google.com/store/apps/details?id=com.bringfido.bringfido&hl=en\\_US](https://play.google.com/store/apps/details?id=com.bringfido.bringfido&hl=en_US)

#### ===== HEADING OUT "GO BAG"

- Photo identification ••• List of current medications
- Social security cards ••• Birth certificates ••• Immunization records
- Insurance and financial information: Homeowner's insurance, car insurance, contracts, deeds, stocks and bonds
- Digital records: Make a digital back up of photos and video of personal property. Store originals and copies in a waterproof, re-sealable bag or container. If traveling, paper records might get stolen or damaged, so digital is wise, with a passcode on the front of all your devices.
- Clothing, medication, individually wrapped food, snacks and water.
- Pack for 3-5 days per person in the household. - <https://disaster.ifas.ufl.edu/resources/go-bag/>

#### ===== **CLEANING UP THE MESS**

- Closing Your Seasonal Home - <https://edis.ifas.ufl.edu/publication/HE887>
- Mold Cleanup in Your Home - <https://www.epa.gov/mold/mold-cleanup-your-home>
- Resources for Flood Cleanup & Indoor Air Quality - <https://www.epa.gov/indoor-air-quality-iaq/resources-flood-cleanup-and-indoor-air-quality>
- Flood Cleanup: Protecting Indoor Air Quality - <https://www.epa.gov/sites/default/files/2015-09/documents/floods.pdf>
- Homeowner's & Renter's Guide to Mold Cleanup After Disasters - [https://www.epa.gov/sites/default/files/2017-08/documents/mold\\_homeowners\\_and\\_renters\\_guide\\_to\\_cleanup\\_after\\_disasters.pdf](https://www.epa.gov/sites/default/files/2017-08/documents/mold_homeowners_and_renters_guide_to_cleanup_after_disasters.pdf)

#### ===== **OTOW / MARION COUNTY RESOURCES**

- Sign up for [AlertMarion.com](http://AlertMarion.com) for local Emergency alerts
- OTOW - <https://ontopoftheworldinfo.com/hurricane-preparedness/>
- Emergency: 911
- Marion County Sheriff's Office Non-Emergency Line: (352) 732-9111
- Marion County Citizen's Information Line: (352) 369-7500
- Special Needs Registry (352) 369-8100 - sheltering assistance for residents with physical, cognitive or mental impairment
- Please check your own county for similar emergency resources.

#### ===== **"I SURVIVED" - RESIDENTS' EXPERIENCE TIPS**

- Fill the tub because it could be a good place to store water if your local water supply has been interrupted or contaminated. This water can be used to flush your toilet when the power is out, wash your hands and laundry, but not for drinking. Use the water sparingly and dispose of it safely when there is no more need for it.
- Car Safety Glass Breaker (side windows) - <https://autoquarterly.com/best-car-window-breakers/>
- Insurance: who's responsible, helpful info - <https://www.martininsurance.com/falling-trees-and-property-damage-whos-responsible/>
- Mold on food - <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/molds-food-are-they-dangerous>
- Licensed contractors - The Florida Department of Business and Professional Regulation warns the residents of Florida to check if the contractor is licensed or not. Florida Office of Financial Regulation • <https://flofr.gov/sitePages/verifylicense.htm> • Angie's List <https://www.angi.com> • Home Advisor • <https://www.homeadvisor.com>.
- Document your rooms with a continuous video or photos which show overlapping furniture from one photo to the next.
- Don't throw pool or patio items into the pool, bring inside for the duration of the storm.
- Call tree and other repair services ASAP for appointment.
- Keep important papers in a closed/sealed dishwasher or big bins with sealed lids.
- Freezer - Freeze a plastic cup of water, then place a penny/coin on top to monitor thawing.

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It's always smart to plan for the worst and hope for the best! If you can, try to get your home prepared so you don't have to travel.

*This presentation was made to give you ideas for your own research and solutions. Any products mentioned are as examples only, and not a product endorsement. There are lots of choices!*





# Think Nutrition

**BREAD GROUP** • breakfast cereal • crackers • breakfast/nutrition bars • rice cakes • whole wheat or multi-grain bread • dry pasta • Boston brown bread with raisins • melba toast • taco shells • chips • vanilla wafers • bread sticks • muffins • graham crackers • pretzels • *purchase just before storm*: fresh bread, round flatbread for wraps

**VEGETABLE GROUP** • canned vegetables and soups • canned 3 bean salad, mushrooms • salsa • spaghetti sauce • *purchase just before storm*: fresh carrots, broccoli, etc.

**FRUIT GROUP** • canned fruit in its own juice • dried fruit • 100% fruit juice • trail mix with fruit • packaged: raisins, apricots, cranberries, etc. • fruit cocktail • unsweetened applesauce

**DAIRY GROUP** • non-fat milk (powdered, canned or shelf stable) • Ensure • puddings • nutritional drinks • processed cheese spread

**PROTEIN GROUP** • meat soups • canned: tuna, ham, salmon, sardines, chili, corned beef hash, ravioli, beans (kidney, lima, black eyed peas, lentils, etc.) • peanut butter • bean spreads • packaged nuts (unsalted, dry roasted, peanuts, walnuts, almonds, etc.) • beef or turkey jerky • Vienna sausage

**EXTRA** • bottled water, Gatorade, instant ice tea, instant coffee, tea bags, powdered drink mixes • cream soups • jelly • small packets of ketchup, mustard and mayonnaise • granola bars, fruit bars • infant food, formula • special diets

**COOKING** • fondue pot with sterno (canned heat) • camping stove • grill with burners • extra propane or charcoal for the grill • heavy duty aluminum foil • disposable aluminum pans • hand operated can opener • bottle opener • fire extinguisher (ABC type) • matches in a water proof container • sunscreen to use when grilling outdoors • first aid kit • **NEVER USE CHARCOAL INSIDE YOUR HOUSE OR GARAGE** - the smoke and fumes are deadly. Gas grills need to be outside also for safety and fire hazards.

**TABLE SETTINGS** • plastic utensils: knives, spoons and forks • paper plates and bowls, paper towels, napkins.

**CLEAN UP** • kitchen gloves • garbage bags/ties • baby wipes • disinfecting wipes • sponges • bleach and medicine dropper • storage container or bucket with tight fitting lid • extra zip lock bags of all sizes • hand sanitizer

**SUPPLIES** • assorted batteries, extra cell phone battery, extra bulbs, flash lights, lanterns, and candles • battery operated TV and radio • room fans (if on generator) • toilet paper • diapers and other infant non-food supplies • **fill red gas cans with extra gas if you have a generator**