



The Meadows

At World Golf Village

Saint Augustine, FL 32092

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Be Prepared - Storm Season and Heat Safety

As we navigate through the summer months, our community faces the dual challenges of storm season and relentless heat. Storm preparation is crucial, and staying safe during power outages is equally important. Here's how you can be ready for both:

Storm Preparation Tips

1. Stay Informed:

- Regularly check weather updates from reliable sources like the National Weather Service and local news.
- Sign up for weather alerts on your phone to get real-time updates.

2. Create an Emergency Kit:

- Include essentials like water, non-perishable food, medications, flashlights, batteries, and a first aid kit.
- Don't forget important documents, cash, and a multi-tool.
- Prepare to sustain your household for at least three days without power.

3. Secure Your Home:

- Inspect your home for any repairs needed to windows, doors, and roofs.
- Clear gutters and drains to prevent water buildup during heavy rains.
- Secure outdoor items like patio furniture and garden tools to avoid wind damage.

4. Plan for Power Outages:

- Have backup power options, such as battery-operated fans, solar chargers, and power banks for essential devices.
- **Know how to manually open your garage door** and have a plan for communicating without power.

5. Keep Your Vehicles Fueled:

- Always keep your vehicles topped up with fuel, never letting the tank go below half.
- During storms, gas station lines can become incredibly long, and fuel availability may be limited, especially if evacuation is necessary.

Heat Safety During Power Outages

Power outages during a storm can exacerbate the effects of high temperatures. Here's how to stay safe:

1. Stay Hydrated:

- Drink plenty of water. Keep extra bottles in your emergency kit.
- Avoid caffeinated and alcoholic beverages that can dehydrate you.

2. Keep Cool:

- Wear light, loose-fitting clothing.
- Use battery-operated fans and cool packs to stay comfortable.
- Spend time in the coolest part of your home and close off unused rooms to conserve cool air.

3. Limit Physical Activity:

- Reduce strenuous activities to prevent overheating.
- Schedule necessary tasks for cooler parts of the day, like early morning or late evening.

4. Check on Neighbors:

- Look out for elderly neighbors and those with health conditions.
- Offer help if you have extra resources or can share a cooler space.

After the Storm

Once the storm has passed, continue to prioritize safety:

1. Avoid Flood Waters:

- Stay away from flood waters, which can be dangerous and contaminated.
- Follow local advisories about water safety and boil water if recommended.

2. Inspect Your Home:

- Check for damage and make necessary repairs to prevent further issues.
- Be cautious of downed power lines and report them to the authorities immediately.

3. Restock Supplies:

- Replenish your emergency kit with any used items.
- Review and update your emergency plan based on your experience.

Stay Informed

For the latest emergency information, visit the [St. Johns County Emergency Management website](#).

By preparing for storms and being mindful of heat safety during power outages, we can keep our community safe and resilient.

Remember: Stay safe, stay cool, and stay prepared! Let's work together to ensure everyone stays protected and informed.

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