

Hurricane Preparedness and Safety

By now it is safe to say many of us have all been through one or more hurricanes. If you haven't, you will; and when you do, it is something unforgettable - not enjoyable, unforgettable.

The idea of this presentation is to familiarize and/or re-familiarize you with some common dos and don'ts before and during a hurricane, and hopefully provide you with some useful information to keep you and your family safe.

The following are some things you should do and don't do, and items you should have on hand in anticipation of a hurricane. Get supplies and stock up well before any hurricanes arrive. Don't wait until the last minute. We should all be prepared.

Supplies and Needs

There are 6 basics you should stock for your home: **water, food, first aid supplies, clothing and bedding, tools, and emergency supplies** (including special items). Keep the items you will most likely need during an evacuation in an easy-to carry container. Possible containers include a large covered trash container, a camping backpack, or a duffle bag.

Identify and practice going to a safe room in your home. Remember a hurricane can easily produce a tornado.

Medications:

- Medications and non-prescription drugs for you and family members.
- Anti-diarrhea medication
- Antacid (for an upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the poison control center)
- Laxative
- Activated charcoal (use if advised by the poison control center)
- Medicine dropper

Ice:

- Make extra ice
- Remember, some medications need to be kept cold
- Have a good cooler available

Water:

You should have at least 1 gallon daily, per person, for 3 to 7 days. Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more. Pets drink water too.

Food/Snacks:

- Enough for 3 to 7 days - nonperishable/canned.
- Non-electric can opener, plates, and plastic utensils, safe cooking fuels.
- Select foods that require no refrigeration, preparation, or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.
- Include a selection of the following foods in your Disaster Supplies Kit:
 - Ready-to-eat canned meats, fruits, and vegetables
 - Canned juices
 - Staples (salt, sugar, pepper, spices, etc.)
 - High-energy foods
 - Vitamins
 - Food for infants
 - Comfort/stress foods

Radio:

- Have a good radio with batteries and one that can receive NOAA (National Oceanic & Atmospheric Administration).
- Tune in to broadcasts, but do not over do it.
- Overdoing it will cause unneeded anxiety.

Pets:

- Food and treats for all pets for several days.
- Immunization papers for pets.
- Make sure your pet(s) have the proper tags and immunizations.
- Leashes and cages.

Tools:

Set up a toolbox with tools of various types (such as a saw)

- Flashlight and extra batteries
- Utility knife
- Fire extinguisher (small canister ABC type)
- Pliers
- Tape/Duct tape
- Matches (in a waterproof container)
- Aluminum foil
- Plastic storage containers/bags
- Paper, pencil
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)
- Extra home/vehicle keys
- A cell phone charger for your car
- Inverter for your car

Sanitation:

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

First Aid Kit:

- Assemble a first aid kit for your home and one for each car
- Store your kit in a convenient place known to all family members
- Have a first aid instruction book on hand
- Keep a smaller version of the kit in the trunk of your car

- Below are suggested items for first aid kits:
 - Adhesive bandages, various sizes
 - 5" x 9" sterile dressing
 - Conforming roller gauze bandage
 - Triangular bandages
 - 3 x 3 sterile gauze pads
 - 4 x 4 sterile gauze pads
 - 3" cohesive bandage roll
 - Germicidal hand wipes or waterless alcohol-based hand sanitizer
 - Antiseptic wipes
 - Large medical grade non-latex gloves
 - Adhesive tape, 2" width
 - Anti-bacterial ointment
 - Cold pack
 - Scissors (small, personal)
 - Tweezers
 - CPR breathing barrier, such as a face shield

Items for infants and elderly:

- Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults:

- Heart, high blood pressure, and cholesterol medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses and repair kit

For All:

- Cash or traveler's checks, change
- Include at least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Sunglasses

Entertainment:

- Toys, books, board and battery-operated games (extra batteries)

Things to do and remember

- Create and have and practice a family disaster plan.
- Place all your important documents (medical records, immunization records, etc.) in a waterproof bag. Double bag the documents or put them in a container. Ideally important documents should be stored in a safe deposit vault. Make sure your insurance policy is adequate. You cannot change your policy when a hurricane is named and approaching.
- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
bank account numbers
- Credit card account numbers and companies
- Family records (birth, marriage, death certificates)
- Take photos of your house, its contents and outside views before the hurricane and secure them
- Inventory and photograph household goods
- Keep important telephone numbers safe
- Replace stored water supply and food every six months so it stays fresh. Re-think your kit and needs at least once a year.
- Update clothing needs
- Replace batteries in flashlights, radios, and detectors
- Ask your physician or pharmacist about storing prescription medications
- Cut back on caffeine and alcohol. They can make you extra tense and anxious during these times.
- Top off your vehicles with fuel and make sure they are serviced.
- Have an extra filled propane tank for your grill (this may become your stove)
- If you are going to a shelter, remember there are only certain shelters that can handle people with special needs and that are pet friendly.

Storm Safety

- **Do not** go outside during the storm. Flying debris will hurt you. After the storm can be just as dangerous. Many trees are weak and may be ready to fall. Keep away from down power lines if they are arcing or not. You do not know if they are live.
- **Do not** open windows. The incoming wind will come in and push up, thus sending your roof to Kansas.

Yard and Vehicles Preparation

- Cut back any tree limbs that are close to your home. Tree limbs can hit your roof, loosen shingles, and cause unnecessary damage.
- Secure all lawn furniture, potted plants, and items that can become flying projectiles. Resin chairs/furniture can be tossed in a pool. Turn tables upside down.
- Make sure boats and wave runners are secure; they can become airborne.
- If you have a boat that is at a marina, make sure it is secure.
- Try not to park vehicles under trees - trees as well as their limbs may fall on them.

Common Sense Things to Know

- Check with your employer. Make sure you know what the hurricane policy is before the storm. Some employers will go so far as to terminate people who do not show up for work.
- If you are going to leave the area and you are going to a hotel somewhere, make sure you call and reserve early. Hotels and motels will fill quickly so have a plan. Make sure you bring enough essentials with you. Notify friends or relatives of your whereabouts.
- Roads fill and get blocked quickly, you are not the only one leaving so leave early
- Try not to stress in front of children. Keep them safe, play games, and keep them occupied.
- If you boarded up your windows, take them down soon after the storm. This will help you get back to normalcy and let emergency workers know you are safe and well.

Don't forget your neighbors. Check on them and make sure they are OK, especially if they are elderly. We are all in this together.

Generator Use and Safety

While generators are great, they can be very dangerous to you and your family. Below are a few things to remember:

- Install a carbon monoxide detector in your home. You cannot smell carbon monoxide! Know the symptoms of carbon monoxide poisoning. They are nausea, headache, and dizziness.
- Keep enough fuel for your generator in approved containers for several days.
- Do not refuel your generator while it is running. A gas spill on a hot generator will result in a fire.
- **Do not** run your generator in your garage or screen room. Make sure it is outside and away from your home eave and overhang vents.
- **Do not** back-feed your home with your generator. You can injure or kill a line worker. When the power reaches your home it is stepped down for consumer use. When it goes back up the line it can be stepped back up to a high voltage, which the unsuspected worker is not expecting.

General Hurricane Information

Know What Hurricane WATCH and WARNING Mean

WATCH: Hurricane conditions are *possible* in the specified area of the WATCH, usually within 36 hours.

WARNING: Hurricane conditions are *expected* in the specified area of the WARNING, usually within 24 hours.

Hurricane Strengths:

Category 1	Winds 74 – 95 mph
Category 2	Winds 96 – 110 mph
Category 3	Winds 111 to 130 mph
Category 4	Winds 131 – 155 mph
Category 5	Winds 156 or greater

Help:

If you need help call 911

For non-emergency SCSO 407-665-6650