

Preparing for a Hurricane

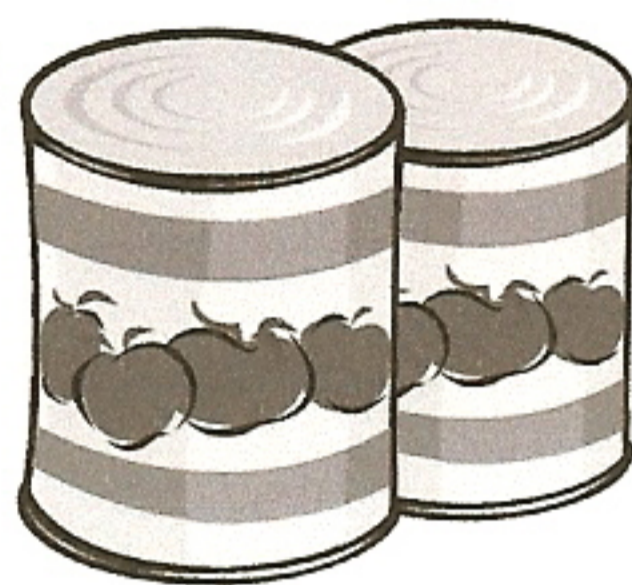
Individuals should be prepared for the first 72 hours after the storm. This is the amount of time that it takes to get assistance into our area to bring items such as ice, water, and MREs.

If you cannot buy bottled water, you should store water in a thoroughly washed plastic, glass, fiberglass, or enamel-lined metal container. Heavy plastic containers such as soda bottles work best. If you use tap water to fill the containers you should add two drops of unscented bleach

per quart of water (or two teaspoons per 10 gallons), stir, and let stand for at least 30 minutes. Seal the containers tightly and store them in a cool, dark place.

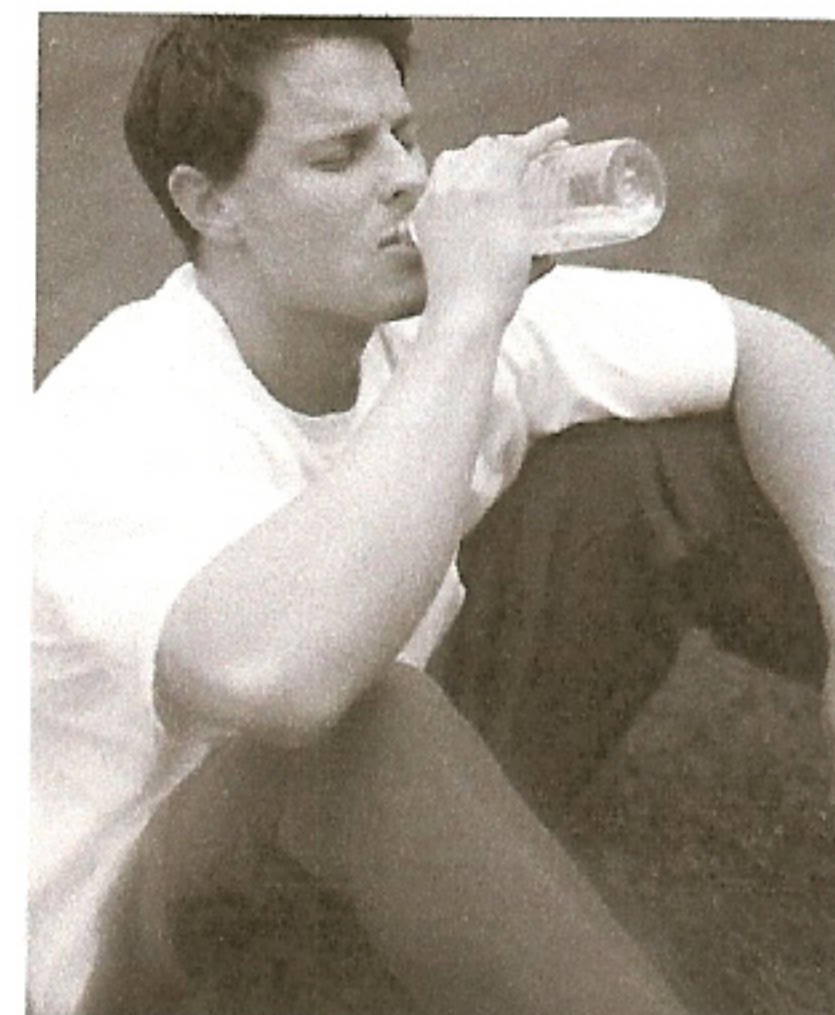
You should have enough canned or nonperishable food, formula, and baby food to last at least 3 days after the storm.

You should keep a manual



can opener with the canned food so that it is easily accessible.

Keep on hand flashlights and batteries, sanitation and hygiene items (i.e. toilet paper, hand sanitizer, etc.), a first aid kit, extra clothing and blankets, copies of identification and credit cards (and medication list), cash and coins, pet supplies, and medications.



Special Medical Needs

For individuals who use medical equipment for activities of daily living, there are certain things to keep in mind when preparing for a hurricane.

If you have oxygen, you should make sure your oxygen tank is full and that you have spare tanks available. If you use a motorized wheelchair or scooter it is a good idea to make sure you have backup batteries to run the scooter or have a non-motorized alternative.

If you are a dialysis patient receiving treatment, make sure that you check with your physician to find out what arrangements may need to be made for your care during and after a hurricane. Because dialysis requires electricity and running water, you may be required to evacuate to another hospital or center out of the disaster zone to receive care.

If you have difficulty with mobility, keep in mind how you will cope with disaster debris inside or outside of your home. Make sure that you have a safe exit. If you use a ramp to get of your home, keep in mind that the ramp may be damaged during the storm.

For the vision impaired or hard of hearing, make sure you have a support person who is able to convey emergency information if you are unable to use the television or radio.

If you receive care from a home health agency, find out from the agency what provisions they have in case of emergencies. Can they guarantee someone will come to check on you and provide what treatment is necessary after the storm? Can they provide services at another location after the storm?

If possible, have a cell phone with an extra battery. If you have multiple medical problems, consider getting a medical alert system that will allow you to call for help if needed.



Can your home health agency guarantee someone will come to check on you and provide what treatment is necessary after the storm?

Create a Support Network

All individuals should make sure that someone knows where they are at all times. You should always arrange for someone to check on you before and after the storm. Do not depend on one person—arrange for multiple people to check on you. These people should be aware of your evacuation plans. If you do not have anyone who is able to do this for you, call the Citizens Line before the storm and give them your name and information so they are able to check on you after the storm.

