



# Checklist to Help Prepare for Hurricanes, Tropical Storms Or Any Major Disaster

Prior to hurricane season (June 1 to November 30)

## Prepare Your Emergency Plan

*What will you do? What will you need?  
Where will you go? How will you get there?*

Contact Department of Emergency Management at **723-8960** if you need information on what disasters could occur in your area and how to prepare.

- If not totally independent, create a support network to help you in an emergency. Discuss plans with your support network.

## Assemble a Survival Kit

Assemble a survival kit in a backpack, cooler, or bag:

- Portable radio and flashlight, extra batteries
- Sleeping bag or blanket and air mattress
- Extra clothing, covered shoes
- Bottled water to take medications and prevent dehydration (1 gallon per person per day)
- Nonperishable food for 5 to 7 days, manual can opener
- Disposable cups, plates, utensils, paper towels, plastic bags
- Medications and first aid kit
- Personal articles such as toothbrush, toilet paper, moist towelettes
- Assistive equipment such as extra eyeglasses, hearing aides, etc.
- List of contacts, doctors, medications



## Be Ready

- Be ready to cope with the loss of water, electricity, gas, and telephone services. Know how to shut off utilities.



- Determine care of pets.



## Getting Ready

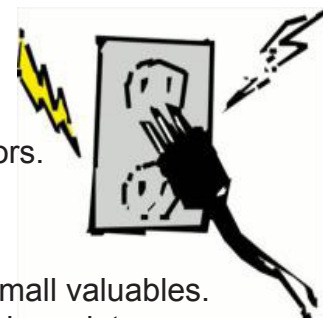
- Notify family, friends, neighbors. Review evacuation routes, destination and meeting point if separated.
- Assemble valuables like important papers. Store what you cannot take on secured shelves or upper floors.
- Be prepared to evacuate if the order to evacuate is given. Keep car gas tank full or make arrangements for a ride.
- Check outdoor items that might blow away or be torn loose. Secure these items or take them indoors.

- Board up windows and glass doors, brace sliding glass doors.

- Store water in containers, bathtub, or a washing machine.

## Leaving Home

- Shut off electricity, water and gas. Lock windows and doors. Place wedge in sliding glass doors at top.
- Take survival kit and small valuables. Wear your medic alert bracelet.



# Hurricane and Storm Preparation for Seniors

**You are responsible for preparations.** During a real disaster, it may be an extended period of time before any government agency is able to respond to individual requests for assistance. Therefore, **DO NOT COUNT ON ANY GOVERNMENT AGENCY MAKING SPECIAL ARRANGEMENTS FOR YOU** in the midst of the disaster. You should be prepared to ask for help from family, neighbors or friends if you are unable to be independent. As a last resort, prepare your home or apartment to shelter you. Ask your building manager for advice, long before a disaster threatens.

**Plan for emergencies.** If not totally independent, develop a support network of people who will help you in an emergency. Write their names and contact information below.



NAME

HOME

WORK

CELL PHONE

| NAME | HOME | WORK | CELL PHONE |
|------|------|------|------------|
|      |      |      |            |
|      |      |      |            |
|      |      |      |            |

- 1. How do I find out if a hurricane or tropical storm is expected? LISTEN and READ. WATCHES and WARNINGS** are broadcast by radio and television. Check the papers or the internet. Ask friends or family to notify you.
- 2. What should I do when watches or warnings are broadcast? PREPARE. A WATCH** means hurricane effects **may occur with 36 hours**. This is time to prepare. See checklists on the back of this page. Also, contact your support network.  
  
**ACT. A WARNING** means that hurricane effects **may occur with 24 hours**. Act to protect your life and property. Listen for announcements of designated shelter openings, anticipate siren soundings and evacuation advisories or orders.
- 3. If told to evacuate, where should I go?**  
**GO** to homes of friends, relatives or to designated shelters.
- 4. What should I bring?**  
**BRING** everything you anticipate needing for at least a **5 - 7 day stay** at a designated shelter or another home. No provisions to support you are made in the designated shelters. See back of page for a list of what you should bring.