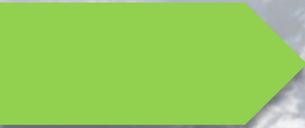




Hurricane Watch



for more information

If you remain in your home during the storm, there are a number of steps you should take to stay as safe and comfortable as possible. But you need to be aware that during hurricanes it is not the winds that cause the majority of death and destruction, but water/flooding from tidal surge. Once the tidal surge hits, there is no escape!

Obey mandatory evacuations.

- **Board up all windows** to help prevent further damage to the interior of your home and injury from broken glass.
- **Secure all outdoor furniture** to reduce the amount of damage to it, and to help prevent it from being thrown against your (or someone else's) home.
- **Turn off gas** to prevent gas leaks from broken or damaged gas lines.
- **Stock up on battery powered flashlights**, candles and have a battery powered radio.
- **Stock up on bottled water**, as well as non-perishable foods that can be prepared and eaten without having to be cooked. Be sure to have enough food and water to last for everyone in the home for a week, including pets. And don't forget a can opener and a clean, sharp pocket knife.
- **If you have an infant** on a bottle, have enough bottles on hand so that you won't have to worry about how you can wash them if there is no clean water. And be sure to either have single use sized cans of formula or an ice chest with plenty of ice to store any opened cans of formula.
- **Stock up on anti-bacterial hand wipes**, gel hand cleaners and paper towels in the event there is no water for washing or bathing.
- **Have a two week supply of any prescription** medications, as well as personal care items (tooth brushes and paste, hygiene products, etc.).
- **Have a well-stocked first aid kit** in the event of injuries. Disinfectants, antiseptics, antibiotic creams, bandages, cotton balls, aspirin, Tylenol and a thermometer are some of the basics you need.
- **Make sure all vehicles have full gas tanks.**
- **Have several changes of clothing** for each member of the household, and if you have a baby still in diapers, have a two-week supply on hand.
- **Select the innermost part of your home**, on the ground floor, to ride out the storm, but not a basement or cellar. In the event of flooding, being in those areas of your home may make it impossible to escape. Stay away from all windows and glass doors!
- **Have mattresses, blankets, pillows**, etc. already in place before the storm hits.
- **It would also be a good idea to** purchase a bedside commode in the event the water and plumbing is rendered out of order during the storm. You can line the receptacle bucket with small garbage bags to make clean-up much easier and more sanitary. These can be purchased from any medical supply store, as well as many drug stores.
- **Have a supply of books, puzzles, toys**, etc. in the event the electricity is off, especially if you have children.
- **You may want to purchase a portable generator.** This is especially important if someone in the household is on oxygen or other electrical powered medical equipment; it will also keep the foods in your refrigerator/freezer from spoiling in the event of an electrical outage. But if you do use a generator, be sure to follow all instructions and safety precautions that come with it, and do not operate it indoors (carbon monoxide!).
- **Fill all bath tubs with clean water;** it can be used for sponge baths, flushing toilets, etc. But if there are young children or pets in the home, be sure the door is kept securely closed at all times to prevent a child or pet from falling in the tub and drowning. A young child can drown in two inches of water!
- **Go over emergency instructions with everyone** in the household such as everyone staying together, away from all windows, etc.
- **Also, if there are several members in the household**, develop an "accounting system", where everyone is accounted for at all times in the event the storm gets really intense.
- **Since water/flooding caused by tidal surge** is the leading cause of death and destruction in hurricanes, it is crucial to be aware of your surroundings. If you observe water coming into your house, get to an upper floor immediately.
- **If you have pets that stay outside**, bring them in during the storm.
- **Have enough cash on hand** to last for a while in the event you can't get to the bank or an ATM.
- **Put all important papers and documents** (birth certificates, drivers licenses, insurance information, etc.) in a waterproof zip lock bag and keep it with you or at least a copy of these. Leave a bit of air in the bag before closing; in the event of flooding it will help it to float, making it easier to find. If you have a safe that you keep these in, you still need to put them in a zip lock bag to help keep them dry.

Do not wait until the last day to purchase supplies (food, water, etc.) or you run the risk of there being very little - or even none - of the supplies left that you need. It's a good idea to stock up on all non-perishables at the beginning of hurricane season.

Have a cell phone, fully charged, with you so you will have a way to call emergency services if needed and to contact family/friends to let them know if you are all ok. Just keep in mind that the cell towers may not be working for a while, so it would be a good idea to have a back-up plan to notify family/friends.

This is only a sample preparedness list. Use information appropriate to your area.

Earthquake Precautions



If you are indoors, get to a safe place where things will not fall on you, away from windows, bookcases and tall, heavy furniture.

for
more
tips!

If you are outside: stay outside.

If you are inside: drop, cover, and hold on.

- **Get under a desk, table or bench.** Hold on to one of the legs and cover your eyes. If there's no table or desk nearby, sit down against an interior wall. An interior wall is less likely to collapse than a wall on the outside shell of the building.
- **Pick a safe place** where things will not fall on you, away from windows, bookcases, or tall, heavy furniture.
- **It is dangerous to run outside** when an earthquake happens because bricks, roofing, and other materials may fall from buildings during and immediately following earthquakes, injuring persons near the building.
- **Wait in your safe place** until the shaking stops, then check to see if you are hurt.
- **You will be better able to help others** if you take care of yourself first, then check the people around you.
- **Move carefully and watch out** for things that have fallen or broken, creating hazards. Be ready for aftershocks.
- **Be on the lookout for fires.** Fire is the most common earthquake related hazard, due to broken gas lines, damaged electrical lines or appliances, and previously contained fires or sparks being released.
- **If you must leave a building** after the shaking stops, use the stairs, not the elevator. Earthquakes can cause fire alarms and fire sprinklers to go off. You will not be certain whether there is a real threat of fire. As a precaution, use the stairs.
- **If you are outside in an earthquake,** stay outside. Move away from buildings, trees, streetlights and power lines. Crouch down and cover your head. Many injuries occur within 10 feet of the entrance to buildings. Bricks, roofing, and other materials can fall from buildings, injuring persons nearby. Trees, streetlights, and power lines may also fall, causing damage or injury.
- **Assemble a Disaster Supplies Kit**
- **Earthquake-specific supplies** should include the following: A flashlight and sturdy shoes by each person's bedside; Disaster Supplies Kit; and an Evacuation Supply Kit.

This is only a sample preparedness list. Use information appropriate to your area.

Earthquake Precautions





During a Flood

Do not try to drive over a flooded road.
The water can be much deeper than it appears,
and you could be stranded or trapped.

for
more
tips!



After a Flood

Boil drinking water before using.

for
more
tips!

Flood Safety

During A Flood

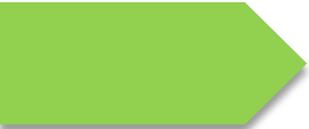
- Avoid areas subject to sudden flooding.
- Do not attempt to cross a stream where water is above your knees. When in doubt, don't try it.
- Do not try to drive over a flooded road. The water can be much deeper than it appears and you could be stranded or trapped.
- Do not try to drive around police barricades.
- Stay away from drains and ditches.

After a Flood

- Do not eat fresh food that has come in contact with flood waters.
- Boil drinking water before using.
- Report broken gas, electrical and water lines immediately.
- Do not handle electrical equipment in wet areas.
- Do not sightsee. Your presence could impede relief efforts as well as endanger yourself.
- Cooperate with local officials. Respond to requests for assistance from local police, firefighters and relief workers. Community participation is critical to effective disaster relief.



Tornado Watch

 **for more information**



Tornado Safety

- **Go to the basement** or center of an interior room
- **Stay away from** corners, windows, doors, outside walls
- **Put as many walls** as possible between you and the outside
- **Do not open** windows



Storm Watch

 for more information

Blizzard Safety

- **Dress in several layers** of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- **Wear waterproof, insulated boots** to keep your feet warm and dry and to maintain your footing in ice and snow.
- **Minimize travel.** If travel is necessary, keep a disaster supplies kit in your vehicle.
- **Listen to a NOAA Weather Radio** or other local news channels for critical information from the National Weather Service (NWS).
- **Keep your vehicle's gas tank full.** A full tank will keep the fuel line from freezing.
- **Insulate your home** by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- **Maintain heating equipment** and chimneys by having them cleaned and inspected every year.
- **Bring pets/companion animals inside** during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- **Running water**, even at a trickle, helps prevent pipes from freezing.
- **All fuel-burning equipment** should be vented to the outside and kept clear.