

Hurricane Preparedness Info You Can Use



Since 1953, Atlantic tropical storms have been named from lists originated by the National Hurricane Center. They are now maintained and updated by an international committee of the World Meteorological Organization. The original name lists featured only women's names. In 1979, men's names were introduced and they alternate with the

women's names. Six lists are used in rotation. Thus, the 2005 list will be used again in 2011. For more information about the history of naming hurricanes, log onto www.nhc.noaa.gov.

The only time that there is a change in the list is if a storm is so deadly or costly that the future use of its name on a different storm would be inappropriate for reasons of sensitivity. If that occurs, then at an annual meeting by the WMO committee (called primarily to discuss many other issues) the offending name is stricken from the list and another name is selected to replace it.

2008

Arthur
Edouard
Ike
Marco
Rene
Wilfred

Bertha
Fay
Josephine
Nana
Sally

Cristobal
Gustav
Kyle
Omar
Teddy

Dolly
Hanna
Laura
Paloma
Vicky

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What is the National Hurricane Center?

The National Hurricane Center (NHC) maintains a continuous watch on tropical cyclones over the Atlantic, Caribbean, Gulf of Mexico, and the Eastern Pacific from May 15 through November 30.

The Center prepares and distributes hurricane watches and warnings for the general public, and also prepares and distributes marine and military advisories for other users.

During the "off-season" NHC provides training for U.S. emergency managers and representatives from many other countries that are affected by tropical cyclones.

NHC also conducts applied research to evaluate and improve hurricane forecasting techniques, and is involved in public awareness programs.

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National Hurricane Center Advisory Schedule

When a storm threatens, the NHC begins issuing hurricane advisories.

Full hurricane advisories are issued at:

5 am EDT, 11 am EDT, 5 pm EDT and 11 pm EDT

When a Watch or Warning is issued, intermediate advisories are initiated, usually at 8 am, 2 pm and 8 pm.

In between these advisories, a lot of "behind the scenes" work and analysis is done so that they provide the best possible information to the public.

Just what does a watch mean? What does a warning mean?



TROPICAL STORM

WATCH A tropical storm watch is issued when tropical storm conditions, including winds from 39 to 73 miles per hour (mph), pose a possible threat to a specified coastal area within 36 hours.

WARNING A tropical storm warning is issued when tropical storm conditions, including winds from 39 to 73 mph, are expected in a specified coastal area within 24 hours or less.



HURRICANE

WATCH A hurricane watch is issued for a specified coastal area for which a hurricane or a hurricane-related hazard is a possible threat within 36 hours.

WARNING A hurricane warning is issued when a hurricane with sustained winds of 74 mph or higher is expected in a specified coastal area in 24 hours or less. A hurricane warning can remain in effect when dangerously high water or a combination of dangerously high water and exceptionally high waves continues, even though the winds may have subsided below hurricane intensity.

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Do you know the Hurricane Hazards?

Hurricane hazards come in many forms: storm surge, high winds, tornadoes and flooding.

It is important for your family to have a plan that includes all of these hazards.

You should be able to answer the following questions before a hurricane threatens:

What are the Hurricane Hazards?

What does it mean to you?

What actions should you take to be prepared?



Storm surge is simply water that is pushed toward shore by the force of winds swirling around the storm. This water combines with a normal tide and wind driven waves to create the "hurricane storm surge." This rise in water levels can cause severe flooding in coastal areas as was seen in Mississippi and Alabama during Hurricane Katrina. If you live on a barrier island or along the coast, consider the safety actions provided at Storm Surge Safety Actions

High Winds Landfalling hurricane intensity is expressed in terms of categories that relate to wind speeds and potential damage. Log onto www.nhc.noaa.gov and click on Saffir-Simpson Hurricane Scale to learn more about hurricane categories. Did you know the strongest winds usually occur in the right side of a hurricane? Did you know hurricane force winds can be felt well inland? Hurricane force winds can easily destroy poorly constructed buildings and mobile homes. Debris and other items can become "flying missiles" in hurricanes. Trees and utilities



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can be damaged. High-rise buildings are also vulnerable, especially to windows being blown out. Go to www.nhc.noaa.gov and click on *High Winds* for tips on what you can do to prepare before the winds start howling.

Flooding "In the last 30 years, inland flooding has been responsible for more than half the deaths associated with tropical cyclones in the United States."

Ed Rappaport, National Hurricane Center

When it comes to hurricanes, wind speeds do not tell the whole story. Some of the greatest rainfall amounts occur from weaker storms that drift slowly or stall over an area. Hurricane Frances (2004) did just that over North Florida with rainfall totals of over 15 inches reported in several areas.

Inland flooding can be a major threat to communities hundreds of miles from the coast. What can you do? Determine if you live in a potential flood zone...If advised to evacuate - do it immediately...Stay tuned to local media for updates on road conditions...Move to a safe area before roads become impassable.



Photo: FEMA

Tornadoes Hurricanes can produce tornadoes - most likely to occur in the right-front quadrant of a hurricane or embedded in rainbands well away from the center of the hurricane. Hurricane Buelah (1967) spawned 141 tornadoes. There is no way to predict exactly which storms will spawn tornadoes or where they will touch down. Tornadoes associated with hurricanes generally are not accompanied by hail or lightning (signs that citizens look for in other parts of the country). Tornadoes

associated with hurricanes can occur for days after landfall. Tornadoes associated with hurricanes can develop at any time of day or night during landfall. Preparedness is critical - Monitor NOAA weather radio...When a tornado warning is issued and you live in a well-built home, move to a small interior room away from windows...If you live in a mobile/manufactured home, develop a plan of where to go during a tornado threat.

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The Calm before the Storm.....

Develop your Family Disaster Plan Now

The best time to make important decisions about your family's safety is before disaster strikes. Past events have shown that people who think ahead, prepare, and have a plan fare best during and after a disaster.

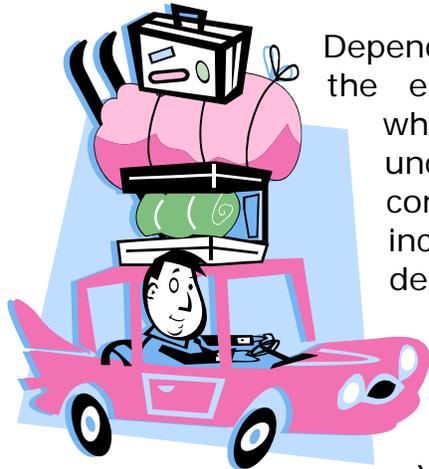
If a disaster occurs in your community, local government and disaster relief organizations will try to help you, but you need to be prepared to be self-sufficient for at least 72 hours (3 days).

Elements of a Good Family Disaster Plan include:

- ✓ Locating a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community.
- ✓ Determining escape routes from your home and places to meet. These should be measured in tens of miles rather than hundreds of miles.
- ✓ Having an out-of-state friend as a family contact, so all your family members have a single point of contact.
- ✓ Making a plan now for what to do with your pets if you need to evacuate.
- ✓ Posting emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- ✓ Checking your insurance coverage - flood damage is not usually covered by homeowners insurance.
- ✓ Stocking non-perishable emergency supplies and a Disaster Supply Kit.
- ✓ Using a NOAA weather radio. Remember to replace its battery every 6 months, as you do with your smoke detectors.
- ✓ Taking First Aid, CPR and disaster preparedness classes.

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Should you Stay or Should you go....



Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger.

In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor TV or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately.

To find out more information on which path you should take log onto www.floridadisaster.org and click on Response

To find out about community shelters in your area, contact your local emergency management agency or your local American Red Cross Chapter.

To find out more information for creating a safe room in your home, log onto www.blueprintforsafety.org.

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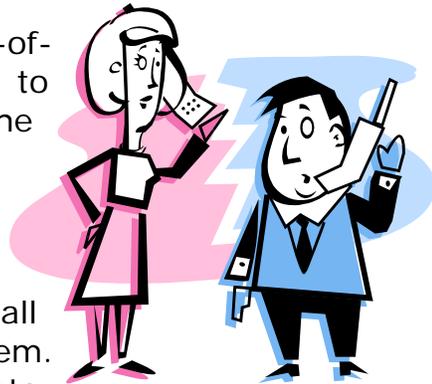
Make a Connection

Choose an emergency contact person **OUTSIDE** your area....

It may be easier to call long distance than locally after a local or regional disaster. Also remember, that following a major disaster, traditional phone service or cell service may be out. Make sure you have multiple means of getting in touch with your emergency contact person.

Take a minute now to call or email an out-of-town friend or family member to ask them to be your family's designated contact in the event of an emergency.

Be sure to share the contact information with everyone in your family. Complete an emergency contact card and make sure all members in your family carry it with them. For more information, log onto www.ready.gov.



During an emergency, you can call your contact person who can share with other family members where you are; how you are doing; and how to get in contact with you. If you are unable to make contact with your family, the American Red Cross maintains a database to help you find missing family members.

Don't forget to contact your supervisor if you are required to leave your home unexpectedly or if you are unable to come to work. If your facility phone system is out of service, call the **VISN 8 TelCare number at 1-877-741-3400**.

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Don't leave your pet stranded...have a Pet Plan



FEMA photo/Andrea Booher

Your pet may be your best friend, but due to health regulations, most emergency shelters cannot house animals.

Find out in advance how to care for your pets and working animals when disaster strikes. Pets should not be left behind...check with your veterinarian, a friend or your local animal shelter about options should you have to leave your home.

Be sure to take food and water for your pets.

For more information, visit the American Red Cross Animal Safety page at www.redcross.org

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Working Together through a disaster

A community working together during an emergency makes sense.

Talk to your neighbors about how you can work together during an emergency.

Find out if anyone has specialized equipment like a power generator, or expertise such as medical knowledge, that might help in a crisis.

Decide who will **check on elderly or disabled neighbors**.

Make back-up plans for children in case you can't get home in an emergency.

Sharing plans and **communicating in advance** just makes good sense.

Interested in seeing how you can help your community in emergency situations?

The Community Emergency Response Team (CERT) program trains people to be prepared for emergency situations in their community and neighborhood. CERT members give critical support to first responders in emergencies, provide immediate assistance to victims, collect disaster information to support first responder efforts and provide that first neighborhood help in the immediate hours following a major emergency. *It's families helping themselves and neighbors helping neighbors to prepare, respond and recover in their own neighborhood.*

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What's the plan, Boss?

Do you know the emergency plan for your department or service? Make a point of asking your supervisor to explain the plan to you.

There are a number of work area preparedness tasks that everyone should complete to prevent damage and protect equipment. Please check with your supervisor about tasks specific to your service and follow these general guidelines:

- ④ **Ensure that patient and/or personnel rosters are current**
- ④ **Computers, telephones, fax machines, printers and copiers should be turned off. *Do not unplug network cables***
- ④ **Ensure you have the most current Cascade Call List and take it with you when you leave work**
- ④ **If your work space is located on an exterior wall (i.e. has windows) remove all papers, books and loose material from desk and place in a box marked with your name and store it off the floor**
- ④ **Close window blinds**
- ④ **Check with co-workers to see if they need assistance preparing their area**

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You don't want to be up a creek without a paddle!

- Don't let long lines at the local hardware store, grocery store and gas station get you down...
- Don't rely on local relief organizations to provide you food or water during the first few days following a hurricane...

Prepare your Survival Kit today

You should keep enough supplies in your home to meet the needs of you and your family for **at least three days** (5 to 7 days might be better!)

Preparing for emergencies needn't be expensive if you're thinking ahead and buying small quantities at a time.

Make a list of some foods that:

- Have a long shelf-life and are non-perishable
- You and your family like
- Don't require cooking
- Can be easily stored

Keep the list in your wallet or purse and pick up a few items each time you're shopping.

Hurricane Preparedness Info You Can Use

Hurricane Season
June 1 - November 30

Family Survival Kit

GET SOME CASH

Banks and ATMs may not be open or available for extended periods

Water 3 gallons per day per person

Battery Operated radio

Bleach

Candles

Duct Tape

Emergency cooking supplies

Extra Batteries

Extension cords– heavy duty

Blankets/Pillows

Clothing-seasonal Rain Gear/sturdy shoes

Pet Food

Special Items: for babies & the elderly

Extra medications

Fire extinguisher

First aid kit

Toys, Books, and Games

Flashlight with extra batteries & bulb

Toiletries– hygiene items/moisture wipes

Manual Can Opener

Pet care items

Vehicle fuel tanks filled

Ready to eat canned and prepared foods

Kids Survival Kit

You may need to leave your house during a disaster, it's smart to put together your own *Kids' Activity Survival Kit* so you will have things to do and share with other kids. These can be stored in a backpack or duffel bag. Just make sure you can carry it easily.

Crayons, pencils, marking pens and plenty of paper

Scissors and glue

Two favorite toys (dolls or action figure)

One or two board games, deck of cards

A jigsaw puzzle

Favorite stuffed animal or puppet

Favorite pillow or blanket

A few favorite books

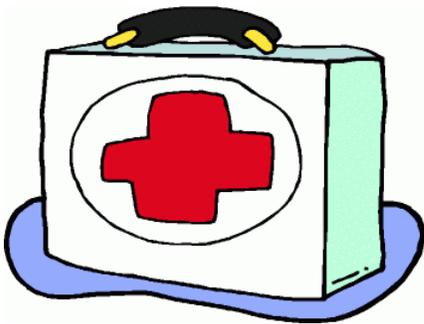
A "keep safe" box with a few treasures that make you feel special

Pictures of your family and pet(s)

Small people figurines & play to play out what's happening during the disaster

Hurricane Preparedness Info You Can Use

Now that you know what goes in your Family Survival Kit...Check your First Aid Kit



Take a minute to check your family's first aid kit and note any depleted items – then, add them to your shopping list. Don't have a first aid kit? Add that to the list or build a kit yourself.

Here are a few suggestions for building your first aid kit

- | | |
|---|-----------------------------------|
| (20) Adhesive Bandages (various sizes) | (1) 5"x9" sterile dressing |
| (1) conforming roller gauze bandage | (2) triangle bandages |
| (2) 3"x3" sterile gauze pads | (2) 4"x4" sterile gauze |
| (1) roll 3" cohesive bandage | (2) antibacterial handwipe |
| pks | (2) pair non-latex gloves |
| (6) antiseptic wipes | Antibacterial ointment |
| 2" width adhesive tape | Small, personal scissors |
| Cold pack | CPR breathing face shield |
| Tweezers | Aspirin or pain reliever |
| First Aid Manual | Antacid (for upset |
| Anti-diarrhea medication | |
| stomach) | |
| Laxatives | |

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For more information on first aid kits visit www.redcross.org.

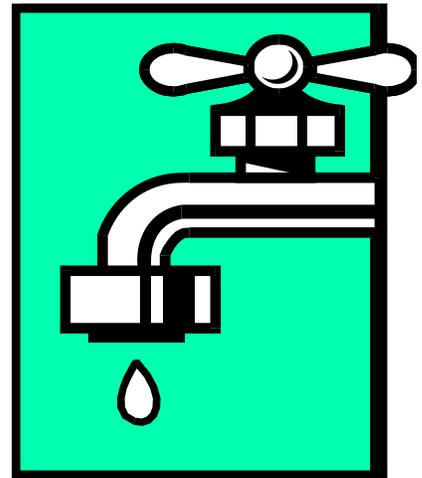
Water, water anywhere?

Keep at least a **three-day supply of water per person**. Store a minimum of one gallon of water per person per day (two quarts for drinking, two quarts for food preparation and sanitation).

Store water in plastic containers such as large 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 strenuous activity can double that amount.

Children, nursing mothers and people who are sick will also need more.



The storm has passed and you've been told your drinking water may be contaminated...Your well is, or has been, underwater...What do you do now?

The Florida Department of Health website at www.doh.state.fl.us has information to help you determine what you need to do to ensure your family's drinking water is safe.

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After the Storm has passed....

It may not be as "sunny"
for you as these two
folks...

Picking up the pieces after
a disaster isn't easy.

- ✚ Listen to NOAA Weather Radio or local radio or TV stations for instructions
- ✚ If you evacuated, return home only when local officials tell you it is safe to do
so
- ✚ Use flashlights – DO NOT USE CANDLES!
- ✚ Do not run a generator inside a home or garage
- ✚ Avoid opening the refrigerator and freezer
- ✚ Inspect your home for damage
- ✚ Know where to get disaster assistance. Log onto www.disasterhelp.gov for FEMA disaster assistance info
- ✚ Log onto www.redcross.org for tips on power outages, generators, chainsaw, and food safety tips.

Hurricane Preparedness Info You Can Use

The [American Red Cross website](#) has lots of information on what to do after the storm has passed.



Rebuild Your Emotional House

The road to recovery involves more than cleaning up physical debris. It also involves working to get your emotional house in order. Suggestions to relieve or prevent disaster related tensions include:

Keep the family together Togetherness provides mutual support for everyone. Make an effort to establish normal routines. Include children in safe cleanup activities.

Discuss your problems Don't be afraid to share your anxieties with family and friends. Let others talk to you. Crying is a natural response to a disaster and a good way to release pent-up emotions.

Set a manageable schedule Make a list and do jobs one at a time. Establish a schedule to clean up and rebuild. Try to return to your pre-disaster routine as soon as possible.

Take care of yourself Rest often and eat well. Remember that your children reflect your fears. If they see you striving to adjust to the situation, they can learn from and imitate your efforts, enabling them to cope better.

Listen to what children say Encourage your children to talk or otherwise express their feelings. Teens may need to talk to other teens.

Explain the disaster factually Children have vivid imaginations. Things they do not understand make them afraid. When they know the facts they may deal better with the disaster.

Reassure children Show your children through words and actions that life will return to normal. Hugs help. Try to find or replace favorite pets or toys.

Be understanding Try not to scold children for things that might be related to the disaster, such as bed-wetting, thumb-sucking or clinging to you. They also are going through a tough time.

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The recovery period can be long, hard and confusing. If others notice problems before you do, listen to them and let them help you deal with your stress.

