

From "Keeping our Children Safe and Healthy from Pre-k through High School",
By Albert David, www.abeyproductions.com

Flash Flood – Flooding

- If the weather forecast announces a heavy storm:
 - ➔ Seal holes, doors, windows, shutters, roofing, etc.
 - ➔ Bring whatever may be blown away by the wind inside (boards, construction site equipment, etc.).
 - ➔ Have a store of batteries and candles ready in case of power outages or if a generator fails to function.
 - ⓧ Do not go outside and if you do so, never touch downed power lines.
 - ➔ Listen to the radio carefully and follow official instructions.
 - ⓧ Avoid using the phone; leave the network clear for the emergency medical services system.

HURRICANES (or Tropical Storms)

Hurricanes originate above warm tropical waters. As they are linked to a substantial drop in atmospheric pressure, they form a disturbance steered by violent swirling winds and torrential rains. These systems (also called tropical storms) move over the surface of the earth at speeds between 6 and 25 mph and may sustain winds exceeding 125 mph. Due to the immense power of these systems, everyone should be familiar with the basic rules of safety and survival. In the United States, authorities issue two types of warnings: the observation advisory, known as a "hurricane watch," and the alert advisory, called a "hurricane warning."



- ➔ Stay tuned for emergency broadcasts before, during, and after a hurricane.
- Before a hurricane strikes:
 - ➔ Have a plan and discuss it with your family
 - ➔ Prepare to evacuate as instructed by the authorities.
 - ➔ Prepare your home: strengthen roofing, doors, bay windows, and windows with plywood (or shutters); keep trees trimmed; take whatever may fly away inside; take pets inside, and moor any boats.
 - ➔ Keep a store of canned food, drinking water, batteries, candles, medicines, and other necessities.
 - ➔ Assemble a **disaster supply kit** with items you may need in case of a storm or of an evacuation. The kit should include: a three-day water supply (3 gallons per person per day; for instance, fill your bathtub or washing machine with water) and non-perishable food; one change of clothing, socks, and footwear per person; one sleeping bag per person; a first aid kit including prescription drugs; a battery-powered NOAA weather radio and a portable radio; a flashlight and extra batteries; items for infants, the elderly, and any disabled persons.
 - ➔ Go to any shelters provided by the authorities if you do not feel safe in your home.
 - ⓧ Do not go hiking or boating.
- During a hurricane:
 - ➔ Follow authorities' instructions carefully; stay away from windows, bay windows, and doors.
 - ⓧ Avoid using the phone (unless you need to call 911 in case of danger) in order to leave the network clear.
 - ⓧ Avoid venturing out to admire the "show."
- After a hurricane:
 - ➔ Exit your home only if authorities have officially declared it safe to do so; limit your movements.
 - ➔ Be careful in coastal areas because rising tides and storm surges may be dangerous.
 - ➔ Filter tap water.
 - ⓧ Do not touch downed power lines.
 - ⓧ Do not cross gullies created by rising floodwaters.

PREVENTION

When the eye of a tropical storm crosses, it produces a temporary lull and may be confusing. It should not be interpreted as the end of the storm. Indeed, the storm is about to return. If one has risked going outdoors, it may be even more difficult to find shelter due to the violence of winds and rains when the storm recommences.