



# Hurricane Season

## Hurricane Season: Are You Prepared?

By: Steven Nguyen

It's June, which marks the beginning of hurricane season!

It's imperative that you begin making preparations early to protect the well-being of yourself and your love ones. This includes stocking up on the necessities, such as; batteries, first aid kits, water, non-perishable food items, flashlights and a battery operated/hand crank radio.

For many of us, the element of having special needs adds another dimension to

our preparation. Here are a few tips that will help you prepare in the event of a hurricane or other disasters.

1. Sign up for your Parish/Town's emergency alert system.
2. Make evacuation arrangements, prior to the emergency. Will you be driving to your destination? Will you be carpooling? Do you need help to arrange for public transportation?
3. Keep a one page summary of you/ your love one's medical history/

contact form or purchase a medical bracelets or necklace. Medical bracelets and necklaces comes in various designs and at different price ranges, so you'd be able to find one that suites your style and budget. For a sample form, visit: <http://pediatrics.aappublications.org/content/104/4/e53>

4. Make a checklist on medical supplies, if applicable, and bring extra supplies with you if you plan on evacuating. For me, I pack enough medication and urological supplies to last me up to 3 to 4 weeks.

For more information, I encourage you to check out the following resources:

Red Cross: Preparing for Disaster for People with Disabilities and Other Special Needs [Guide]

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240199\\_A4497.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240199_A4497.pdf)

Direct Energy: Hurricane Preparedness Tips For People with Special Needs [Infographic]

<http://www.directenergy.com/blog/hurricane-preparedness-tips-special-needs-infographic/>



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