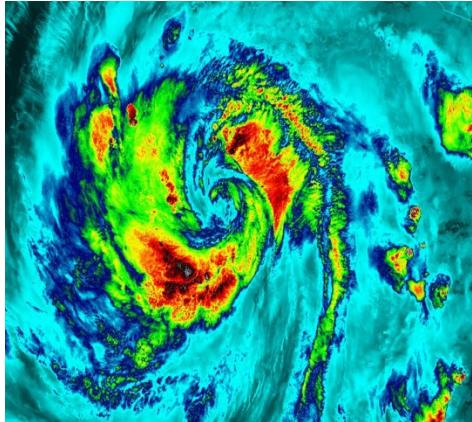


## Hurricane Preparedness



### The height of hurricane season is upon us!

**#HurricaneStrong** is a national hurricane resilience initiative to save lives and homes through collaboration with leading organizations in the disaster safety movement.

The collaboration offers empowering hurricane safety and mitigation information for families and practitioners alike through business summits, digital channels, home improvement store workshops, kids programming, media outreach, school lesson plans, special events, and a social media campaign featuring a **#HurricaneStrong** "Pose". **#HurricaneStrong** sponsorships are open to all qualified organizations that support hurricane safety and resilience.

### HURRICANES: ASSEMBLING A DISASTER KIT

#### What to plan for:

- You'll need to plan for two situations: Remaining in your home after a disaster or evacuating to a safer location.
- Have a three-day supply of food and water on hand -- plan for one gallon of water per person per day and food that won't spoil.
- Keep a manual can opener and emergency tools including a fire extinguisher, battery-powered radio, flashlight and plenty of batteries.
- Disaster Supply Checklist

#### Be sure to gather the following items to ensure your family's basic comfort and well-being in case of evacuation:

- Cash - Banks and ATM's may not be open or available for extended periods.
- Water - At least one gallon per person per day for three to seven days, plus water for pets.
- Food - At least enough for three to seven days, including: Non-perishable packaged or canned food and juices, food for infants and the elderly, snack food, non-electric can opener, vitamins, paper plates, plastic utensils.
- Radio - Battery powered and NOAA weather radio with extra batteries.
- Bedding - Blankets, pillows, etc.
- Clothing - Seasonal, rain gear/sturdy shoes
- First aid kit, plus medicines, prescriptions drugs
- Special items needed for babies and the elderly
- Toiletries, hygiene items, moisture wipes, sanitizer
- Flashlight and batteries
- Keys
- Toys, books, games
- Pet care items, proper identification, immunization records, ample food and water, medicine, a carrier or cage, leash.

Mid-Atlantic South Division Office / 2117 Lake Avenue / Richmond, VA 23230 / 804.253.1800 / DCJS# 11-1017

Blue Ridge Virginia Region / 31 Southgate Court, Suite 202, Harrisonburg, VA 22801 / 540.434.6500

Tidewater Virginia Region / 5532 Raby Road, Norfolk, VA 23502 / 757.455.9800

North Carolina Region / 3717 National Drive, Suite 228 / Raleigh, NC 27612 / 919.803.8284

Area Offices in Winchester and Lynchburg, VA, and Greensboro, NC

## Store important documents in a fire and water proof container:

- Insurance papers
- Medical records
- Bank account numbers
- Social Security cards
- Deeds or mortgages
- Birth and marriage certificates
- Stocks and bonds
- Recent tax returns
- Wills

## Keep Your Kit Fresh

- Remember to replace stored food and water every six months, keep a supply of fresh batteries on hand and keep your most important up-to-date family papers in a fire and water proof container.

## The Importance of Water

- Stocking an emergency water supply should be one of your top priorities so you will have enough water on hand for yourself and your family.
- While individual needs will vary depending on age, physical condition, activity, diet and climate, a normally active person needs at least two quarts of drinking water daily. Children, nursing mothers and people who are ill need more water.
- Very hot temperatures can also double the amount of water needed. Because you will also need water for sanitary purposes, and possibly for cooking, you should store at least one gallon of water per person per day.
- When storing water, use thoroughly washed plastic, fiberglass or enamel-lined containers. Don't use containers that can break, such as glass bottles. Never use a container that has held toxic substances. Camping supply stores offer a variety of appropriate containers.
- Plastic containers, like soda bottles, are best. Seal your water containers tightly, label them and store them in a cool, dark place. It is important to change stored water every six months.



Each year, more deaths occur due to flooding more than any other storm-related hazard. Why? The main reason is people underestimate the force and power of water. Many of the deaths occur in automobiles as they are swept downstream. Of these drownings, many are preventable, but too many people continue to drive around the barriers that warn you the road is flooded. Play it smart, play it safe. Whether driving or walking, any time you come to a flooded road **TURN AROUND, DON'T DROWN!**

## Additional Resources:



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