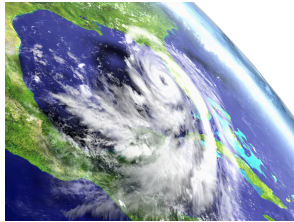




# CHATting ABOUT HEALTH

Atlantic hurricane season runs from **June 1 through November 30.**

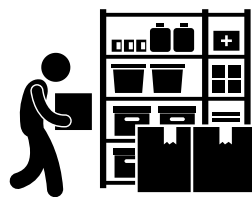


Hurricanes don't only affect people living along the coast. They can cause damage hundreds of miles from the shore.

## ARE YOU PREPARED?

### Make a Plan

Make sure everyone in your household knows and understands your hurricane plans.



### Gather Supplies

Make sure you have enough supplies for your household.

You may not have access to some supplies for days or even weeks after a hurricane. Remember to include medications, disinfectant supplies and pet supplies.

### Protect Important Documents

Make sure your insurance policies and personal documents like IDs are up to date. Make copies and keep them in a secure password-protected digital space.



### Prepare for Special Needs



If you or anyone in your household may need additional help during an emergency contact your local emergency manager to see if they have a local registry of individuals with special needs. If you use medical equipment that requires electricity, notify your electric supplier.

### Watch for Warnings and Alerts

The Integrated Public Alert & Warning System (IPAWS) is a national system for providing emergency and life-saving information to the public through mobile phones using Wireless Emergency Alerts (WEA), to radio and television via the Emergency Alert System (EAS), and on the National Oceanic and Atmospheric Administration's Weather Radio. WEA and EAS do not require sign up.

You may also be able to sign up for emergency alerts from your town.

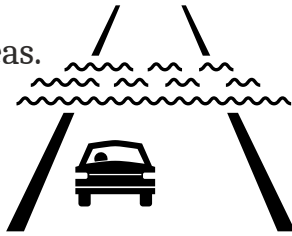


# AFTER THE STORM

**Just because the storm is over, it doesn't mean the danger is over.**

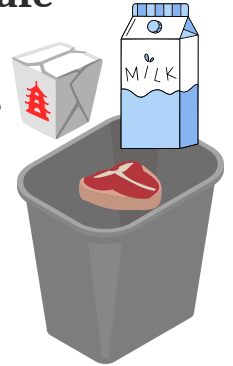
## Stay out of floodwater

Don't drive in flooded areas. Vehicles won't protect you from floodwaters. They can be swept away or may stall in moving water.



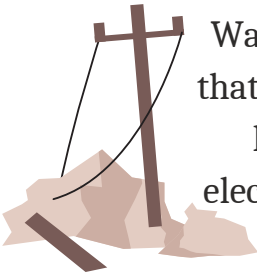
## Throw away food that may be unsafe

-Throw out perishable food after 4 hours in the refrigerator without power.  
-Throw out any food with an unusual odor, color or texture.



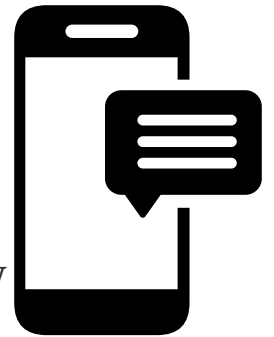
## Avoid fallen powerlines

Watch out for fallen power lines that may be hanging overhead or laying on the ground. Call the electric company to report them.



## Save phone calls for emergencies

-Phone systems often are down or busy after a disaster.  
-Use text messages or social media to communicate with family and friends.



## Stay out of damaged buildings

If your home is damaged don't reenter until it has been examined by a building inspector for safety.



**Pay attention to local officials for information and special instructions.**

## Learn more about Hurricane Preparedness

<https://www.ready.gov/hurricanes>



<https://www.cdc.gov/hurricanes/safety/index.html>

