

Hurricane Preparedness: Personal Support Network

One of the most important elements in preparation for a hurricane is establishing a personal support network. There's nothing wrong with asking a friend for help, especially in the case of an imminent disaster. A self-help team can help you prepare as well as assist you post-disaster. Your network can include people from your home, school, work, volunteer job, a neighbor, or a roommate! It's important to choose people whom you trust, who know your needs and capabilities and who can check on you, in the event of an emergency. Establish your network and let them know ahead of time, include at least three different people for each location you spend a lot of your time at, your plan should also include an out-of-town contact. For example, choose three co-workers as well as three people from an organization you volunteer for.