

# BridgePrep Academy

## Hurricane Preparedness

### Supplies

#### Water

- One gallon of drinking water per person per day for at least three to seven days
- One gallon of water for each person per day for cooking and personal hygiene
- Water for your pets

#### Ice

- Freeze water in zip-type freezer bags and two-liter soda jugs
- Fill coolers with ice. Ice can be used to preserve food once the power goes out

#### Food

- Non-perishable packaged or canned food to last at least three to seven days
- Ready to eat canned meats, fruits and vegetables
- Canned or boxed juice
- Canned or boxed milk
- Cereal
- Soup
- Peanut Butter and jelly, granola bars, trail mix
- Instant coffee or tea
- Dried fruits and nuts
- Bread, crackers and cookies
- Raw vegetables
- Fresh fruit
- Special food for babies and the elderly

#### For the Home

- Cooler for ice and food storage
- Flashlights with extra batteries or hand-crank flashlights

- Battery or solar powered lanterns

- Car charger for mobile phones

- Grill with extra propane, charcoal, or sterno

- Matches in waterproof container or butane starter for grill

- Paper plates/bowls/cups, plastic eating utensils, napkins, paper towels, moist towelettes

- Manual can opener and bottle opener

- Cleaning supplies

- Non-scented liquid household chlorine bleach or water purification tablets

- Work gloves

- Duct tape

- heavy-duty outdoor extension cords

- Waterproof tarps

- Plastic sheeting

- Rope

- Basic tool kit

- Corded phone

- Smoke detectors

- Fire extinguishers

- Waterproof container or resealable plastic bag to store important papers like insurance, medical, bank or Social Security documents/numbers

- Cash (without power, credit cards are unusable)

#### Health Essentials

- First Aid Kit

- Two weeks supply of

prescription medication

- Two weeks supply of vitamins

- Over the counter pain reliever

- Antibacterial hand soap

- Toilet paper

- Plastic garbage bags

- Mosquito repellent

- Sunscreen

- Toiletries

#### For Your Pet

- Documentation, license

- Non-perishable food

- Medications

- Water

#### First Aid Items

- Sterile adhesive bandages

- Sterile gauze pads

- Hypoallergenic adhesive tape

- Triangular bandages (3)

- Sterile roller bandages, antibiotic ointment, scissors, tweezers, needle, moistened towelettes, antiseptic, thermometer, tongue blades (2)

- Tube of petroleum jelly or other lubricant

- Assorted sizes of safety pins

- Cleansing agent/soap

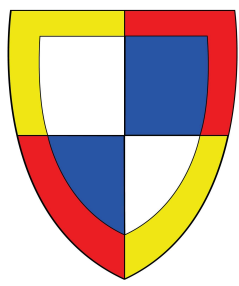
- Latex gloves

- Sunscreen

- Bug repellent

- Aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid

- Bottled water and other fluids



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### Family Plan

- Hold a family meeting
- Discuss the hazards of hurricanes. Encourage children to talk about their fears and explain some of the things you'll be doing to keep everyone safe. Start a written list of things you'll need to take care of and encourage everyone in the family to contribute their ideas.
- Discuss whether you'll need to evacuate
- Determine whether you live in an evacuation zone and, if so, where you will go if an evacuation order is given. Going to a family or friend's house or hotel outside the evacuation area is your best choice. If you choose to go out of town, do so well in advance of the storm. Since shelters provide for only basic needs, this should be your choice of last resort
- Ensure your assets are protected
- Inventory your home possessions and videotape or photograph items of value. Review your insurance policies to ensure you have adequate coverage
- Assess your home for vulnerable areas
- Do a walk-through of your home and property to evaluate your roof, windows, garage door, landscaping, etc. and determine what actions you will take
- Make a plan to protect your vehicles
- Decide where you will store or park your vehicle, boat or RV. Check your vehicle. Check your vehicle insurance policy and keep it in the same safe place as your homeowner's policy.
- Secure your home
- Decide what actions you will need to take to protect your home and your property (shutters, generator, trimmed trees). Decide what actions you will need to take to keep as comfortable as possible during recovery
- Discuss whether anyone in your home is elderly or has special needs and, if so, make arrangements in advance to accommodate those needs.
- Make a plan for your pets
- Determine how you will address your pet's needs and make a plan for your pet in case you have to evacuate. If appropriate, plan for large animals such as horses.
- Gather your supplies
- Determine your family's food, water and medical needs and assemble your hurricane kit according to those needs.
- Notify others of your plans
- Let family or friends know what your hurricane plan is so they can check on you in the aftermath of the storm. Establish an out-of-town contact.
- Plan ahead for the possibility of becoming separated from your family and friends, whether it is a personal emergency or a larger-scale disaster
- Start by designating a single, out-of-town contact that your family or household members can call, email or text message should a disaster occur. If local phone service is overwhelmed, it may be easier to call outside the area. Your contact should be aware that they are your family's designated contact.
- All of your loved ones should agree to call the out-of-town contact to report their whereabouts and welfare
- Regular contact with your designated person will help to keep everyone informed. After initial contact and depending on the circumstances, you might set a specific check-in time.
- When telephone lines are busy, emails or text messages may go through when calls cannot
- Create an emergency contact list; include phone numbers and email addresses for your designated out-of-town contact, loved ones, neighbors and other emergency numbers such as police, fire and your physician
- Make copies of the list for every family member and print a copy to keep by the phone and with your emergency supplies.