



# Hurricane Preparedness

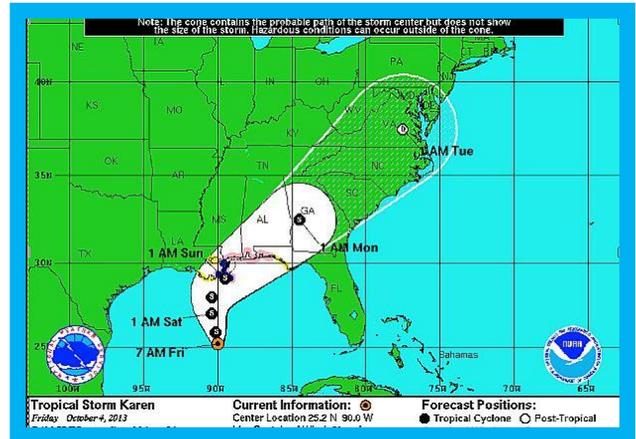
## How to Prepare for Tropical Storms and Hurricanes

### What is the Problem?

Each year thousands of Americans are injured, suffer property damages, and are even killed by extreme weather conditions such as hurricanes. Hurricanes bring high winds, torrential rains, high waves, flash flooding, rising water levels, mudslides, and storm surges.<sup>1</sup> These weather conditions often bring power outages, food-borne illnesses, unsafe drinking water, and carbon monoxide poisoning.<sup>2</sup>

### Who is at Risk?

People in the United States who live along the East Coast and Gulf Coast as well as the Eastern Pacific Islands are at greatest risk for being affected by hurricanes.<sup>3</sup> The Atlantic hurricane season is June 1<sup>st</sup> to November 30<sup>th</sup>, while the Eastern Pacific hurricane season is May 15<sup>th</sup> to November 30<sup>th</sup>.<sup>4</sup>



### Prevention Tips

While it is impossible to stop a hurricane from occurring, it is possible to be prepared in order to protect your family. Below are tips that will help keep your family safe:

- Learn about your community's emergency plans, warning signals, evacuation routes, and emergency shelters.<sup>5</sup>
- Know the elevation level of your property and whether you live in a flood zone.<sup>6</sup>
- Tune into radio or television for weather updates and evacuation orders.<sup>7</sup>
- Fill your automobile's gas tank.<sup>8</sup>
- Fill your clean water containers, including sinks and bathtubs.<sup>9</sup>
- Secure any items outside of your home that may cause damage such as bicycles, grills, propane tanks, etc.<sup>10</sup>
- Cover windows and doors with storm shutters or plywood.<sup>11</sup>
- Prepare emergency kits for your home and car.<sup>12</sup>
- Make plans to ensure your pet's safety.<sup>13</sup>
- Know how to turn off electrical power, gas, and water supplies if necessary.<sup>14</sup>
- Stay away from windows and exterior doors<sup>2</sup> and indoors until authorities declare the storm is over.<sup>15</sup>



**Plan of the Week (POW):**

Hurricanes are an unavoidable fact of life but there are steps you can take to ensure the safety of your family. It is important that you have an emergency plan in place and that all members of your family are familiar with this plan.<sup>16</sup> Be prepared by equipping your home and car with emergency kits that include food, water, and first aid supplies.<sup>17</sup> Tune into to local radio and television stations to remain updated on the storm and be sure to listen to authorities.<sup>18</sup> Visit your local health department’s website in order to learn more tips, warning signals, and evacuation routes for your specific community.

**References**

- 1,2,4,7,9,13 Federal Emergency Management Agency (FEMA). Hurricanes. [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes). Updated 5 June 2013. Accessed 20 August 2013.
- 3,5,6,8-12,14-18 Centers for Disease Control and Prevention (CDC). Key facts about hurricane readiness.<http://emergency.cdc.gov/disasters/hurricanes/pdf/readiness.pdf>. Updated 25 June 2013. Accessed 20 August 2013.

**NMCPHC Injury Prevention and Violence Free Living Webpage**

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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