



SFCCN: CREATING A HEALTHY COMMUNITY ONE PERSON AT A TIME

Enrollee Newsletter

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IN THIS ISSUE: HURRICANE SAFETY

Are you ready ?

You can't stop a tropical storm or hurricane, but you can take steps now to protect yourself and your family.



If you live in coastal areas at risk, the Centers for Disease Control and Prevention (CDC) encourages you to begin preparing yourself for hurricane season. The Atlantic hurricane season is June 1st through November 30th each year.

Prepare Your Home Before the Storm:

- ✦ Install permanent wooden or metal storm shutters or board up windows with 5/8" marine plywood.
- ✦ Install metal straps or hurricane clips to securely fasten your roof to the frame structure.
- ✦ Trim trees and clear rain gutters and downspouts
- ✦ Plan ahead for protection of pets and livestock. For information go to www.fema.gov and search on "Pet Owners."

As the Storm Approaches:

- ✦ Remember that a Hurricane Watch means the onset of hurricane conditions is possible within 36 hours; a Hurricane Warning means the onset of hurricane conditions is likely within 24 hours.
- ✦ Have a full tank of gas in a vehicle, cash, and your disaster supplies kit ready to go.
- ✦ Make sure every family member carries or wears identification.
- ✦ Listen to the radio or television and NOAA Weather Radio -all hazards for current information and be prepared to act quickly.
- ✦ Turn refrigerator and freezer to maximum cold and keep closed.
- ✦ Secure your boat or move it to a safer mooring
- ✦ Fill the bathtub and other large containers with water for bathing, flushing toilets, and cleaning, but do not drink this water.
- ✦ Secure or bring inside such outdoor items as patio furniture, kids' slides, and power mowers.
- ✦ Turn off propane tanks. Shut off other utilities if emergency officials advise you to do so.

Immediately After the Storm:

- ✦ Use extreme caution going out of doors. Be alert for downed power lines, broken glass, and damage to building foundations, streets and bridges, and coastal or hillside erosion.
- ✦ Keep listening to radio, TV, or NOAA Weather Radio All Hazards.
- ✦ Watch for closed roads. If you come upon a barricade or a flooded road:
Don't Drown, Turn Around. . .

*Call SFCCN if you **are** or **think you may be pregnant** to learn what steps you need to take in the event of a hurricane !*

1-866-899-4828



Disaster Supply Checklist

- Water- 1 gallon per person per day for at least three days (drinking & sanitation)
- Food- 3 day supply of non-perishable food
- Emergency plan and evacuation route
- Disposable cleaning cloths (baby wipes)
- Battery-powered radio With extra batteries
- Prescription medicines and supplies
- First Aid Kit and manual
- Baby food and/or prepared formula
- Sleeping bags or extra blankets
- Local important phone numbers
 - Emergency management offices
 - American Red Cross
 - County Public Safety (Police/Fire)
- Cell phone with chargers, inverters, or solar charger
- Local shelter information

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm

Content source: www.fema.gov/ & www.ready.gov/kit & www.cdc.gov
Always consult your physician before making any changes to your lifestyle or healthcare routine.