

HURRICANE/DISASTER PREPAREDNESS CHECKLIST

FirstLantic Healthcare's clients and family members have been advised that it is their responsibility to make plans in the event of a disaster. The following checklist is being provided to serve only as a reference to help in preparedness planning.

SURVIVAL MATERIALS

- ☐ Water: 1 gallon per day per person, enough for 14 days
- ☐ Non-perishable foods: canned meat, fish, fruit and vegetables, soup
- ☐ Bread in moisture-proof packaging, candy and cookies
- ☐ Powdered milk, drink mix, single-serve drinks, coffee, tea
- ☐ Cereal bars, peanut butter, jelly
- ☐ Back-up battery/portable cell phone charger
- ☐ Flashlight, battery-powered lantern
- ☐ Battery-powered radio/alarm clock
- ☐ Extra batteries
- ☐ Glass enclosed candles
- ☐ Portable cooler, extra ice
- ☐ First-aid kit including: aspirin, antibiotic cream, antacids, anti-diarrheal
- ☐ Insect repellent, sunscreen
- ☐ Waterproof matches, butane lighter
- ☐ Extra cash
- ☐ Bleach or water purification tablets

COOKING EQUIPMENT

- ☐ Portable camp stove or grill
- ☐ Stove fuel: charcoal, lighter fluid/sterno
- ☐ Manual can opener
- ☐ Napkins, paper towels, paper plates and cups, plastic utensils
- ☐ Aluminum foil

PERSONAL SUPPLIES

- ☐ Prescriptions: 1-month supply
- ☐ Photocopies of prescriptions
- ☐ Cell phone
- ☐ Books, magazines, entertainment materials
- ☐ Fill up car with gas
- ☐ Toiletries: soap, detergent, etc.
- ☐ Changes of clothing
- ☐ Bedding, pillows, blankets, etc.
- ☐ Rain ponchos
- ☐ Extra eyeglasses or contact lenses
- ☐ Extra set of keys
- ☐ Incontinence
- ☐ Face Masks, Gloves & Hand Sanitizer

DOCUMENTS (waterproof box if possible)

- ☐ Photo identification
- ☐ Proof of residence: utility bill
- ☐ Medical history and information
- ☐ Computer files saved to disk
- ☐ Waterproof camera and film
- ☐ Pet's photo, license and vet record
- ☐ Family disaster plan including cell phone and map (if applicable)

OTHER NECESSITIES

- ☐ Tools: hammer, nails, wrench, saw, screwdriver, etc.
- ☐ Trash bags (lots)
- ☐ Cleaning supplies
- ☐ Plastic drop cloth
- ☐ Mosquito netting
- ☐ ABC-rated fire extinguisher
- ☐ Masking or duct tape
- ☐ Outdoor extension cord
- ☐ Spray paint

Hurricane Season is Here Again

Top 10 Tips to Be Prepared for an Emergency

Sometimes Mother Nature has a way of reminding us who's in charge. While you can't control when or where a hurricane will hit, the best way to minimize potential damage is to be prepared.

1. STOCK UP ON GAS CANS: Leave them empty most of the time, but fill them when a storm is approaching. Gas stations only fill approved gas containers.

2. PLAN FOR PHONE OUTAGES: Cell phones and traditional phones may not work following a storm. Develop a way for co-workers and family to contact you if you have no phone. Let your loved ones know your plan.

3. CASH ON HAND: Have an adequate supply of cash on you to get you and your family through seven days or more. Banks will be closed and ATM machines may be out of money. You will need cash for gas and other essentials.

4. ADEQUATE MEDICAL SUPPLIES: If you use oxygen, adult diapers, or any other item of diminishing supply, have at least a seven-day supply on hand. In the event of a hurricane, your normal supplier may not be able to re-open or provide your necessary items.

5. LOCATE THE CLOSEST GENERAL SHELTER: If your home is damaged you may have no choice but to seek refuge in a shelter. You can save yourself a lot of grief if you know where the location ahead of time.

6. BACK UP COMPUTERS: One of the most valuable tools we have is our computer. Be sure to back it up and unplug it as the storm approaches. An ounce of prevention can save you a ton of aggravation later.

7. REFRIGERATOR/FREEZER MANAGEMENT: Eat it or lose it! Modestly stock your refrigerator and freezer during hurricane season. Having a large portable cooler ready can also come in handy.

8. PETS NEED LOVE TOO: Have a vet record of current shots and an adequate supply of pet food on hand. Make sure that all animals have some sort of identification.

9. RUN A LOAD OR TWO OF LAUNDRY: A good supply of clean clothes can make you more comfortable in the aftermath of a storm. Remember, there's no better feeling than clean clothes after that cold shower!

10. CONSIDER A SPECIAL NEEDS SHELTER: If you have medical needs that require the assistance of another person, consider a special needs shelter. You must enroll now.

In Broward: Call 954.831.3902 or visit:
www.broward.org/atrisk

In Miami-Dade: Call 305.513.7700 or visit:
<https://miamidade.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/hurricane-preparedness.html>

In Palm Beach: Call 561.712.6400 or visit: <https://discover.pbcgov.org/publicsafety/dem/Pages/Special-Needs.aspx>

We hope it is unnecessary to use this checklist, however we are sharing it as it may be an important component of your hurricane tool box. Do you, your family, your colleagues and clients a favor: prepare!