



# ARE YOU READY?

## HURRICANE SEASON IS HERE!

Tropical Storm Andrea has kicked off our summer storm season! The most important part of being ready for hurricane season is to NOT WAIT! Get ready now while emergency supplies are plentiful and make your plans to stay or evacuate. Below are some helpful tips to get you started.



### Decide: Do you STAY or do you GO? Plan to Stay IF...

- You live in a structure that is built *after* 1973 when Florida adopted a standard building code.
- You *do not* live in a manufactured or mobile home.

- Your home *is not* in danger of storm surge or inland flooding.
- You have reduced the threat of falling trees by trimming and/or removing dead, dying or diseased trees.
- You have reduced the effects of severe winds on your home by installing hurricane shutters on windows and bracing your garage door.
- You have prepared a Emergency Plan for yourself, your family and your pets.
- You have prepared a Emergency Survival Kit that includes cash, two weeks supply of food, water and one month's supply of prescription medicines.
- You have identified a Safe Room within your home.
- You have a battery powered radio and/or TV with extra batteries.

### If you decide to stay... Before the Storm:

- Make a survival kit (page two has a list)
- Fill your vehicle's gas tank and check oil, water and tires.
- Clear any ditches or culverts that may be blocked or over-grown.
- Have a plan for yourself, your family, and your pets.
- Identify a safe area in your home - an interior room, closet, hallway, or bathroom on the lowest floor.
- Remove anything in your yard that could become blown around by wind.
- Inventory, document, and photograph items in your home.
- Cover all windows and doors, especially patio doors, with securely fastened, impact-resistant shutters.
- Protect your property by bracing double entry and garage doors.
- Purchase materials such as plywood and plastic sheeting.
- Refill prescriptions. Maintain at least a one-month supply during hurricane season.

### As the storm approaches:

- Turn off electricity if flood waters threaten your property.
- Turn off major appliances, such as the air conditioner and water heater, if you lose power.
- Listen to weather updates on TV or radio or if electricity fails, listen on a battery-powered radio.

### After the storm:

- Monitor local radio and TV for recovery activities.
- Be prepared to live without power, normal access to water and food, or regular services.
- Use a generator but be sure to keep the generator outdoors or in a well-ventilated area.
- Avoid driving. Debris in roadways is a safety hazard.
- Don't touch downed utility wires.
- Use grills outdoors.
- Use your telephone only for emergencies so lines can remain open for emergency communications.
- Photograph damages to your property.

June 2013

Is there a health topic you want to know more about? For more information contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us

## Survival Kit

- Ice (plan to get as storm approaches)
- Canned items, including meats, fruits and vegetables, and drinks
- Crackers, granola bars, peanut butter
- 2 week supply of nonperishable foods/special dietary foods
- 1 month supply of prescription medicines
- Diapers, bottles and formula for infants
- Paper products – toilet paper, paper towels and pre-moistened towelettes
- Non-electrical can opener
- Cleaning supplies
- Gas-operated generator
- Battery-operated radio and batteries
- Cash -- Banks may be closed and loss of power will make ATM's and credit cards useless
- Drinking water – two gallons per person per day for 2 weeks
- Flashlights
- Extra batteries
- First aid kit
- 2 coolers – 1 for ice, 1 for food
- Charcoal/LP Gas Grills

- Plastic tarp for roof or window repair
- Tools, including nails
- Toys, books and games
- Mosquito repellent
- Water purification kit (chlorine)
- Camera and film
- Solar charger for cell phones
- Important papers

### YOU SHOULD GO IF:

- You are unable to meet any of the decision points listed for staying.
- More information about what to do if you decide to go is available at [mywchd.com](http://mywchd.com)

**Whatever you decide, do it now and prepare - don't wait!**



**Childbirth Preparation...** The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes is scheduled for **July 2 - July 30 from 6:30-8:30 p.m.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



**Stop Smoking Classes...** Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).

**Basic First Aid...** Please call for more information on the next class at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. *The fee must be paid in advance and there is no refund.*

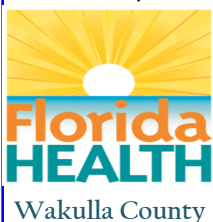


### Hands-Only CPR, No Excuses



The next Hands-only CPR class will be held in August, 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. *The fee must be paid in advance and there is no refund.*

The Wakulla County Health Department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.



You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.

