



Home Health Solutions Group, Inc. - Hurricane Awareness

There are several storms that could potentially affect South Florida. Home Health Solutions Group, Inc. would like you to be prepared. We hope you find this document helpful.

As soon there is a hurricane warning issued, Home Health Solutions Group, Inc. will be activating the emergency 24/7 numbers. See end of document for information.

Know What Hurricane WATCH and WARNING Mean.

WATCH: Hurricane conditions are possible in the specified area of the WATCH, usually within 36 hours.

WARNING: Hurricane conditions are expected in the specified area of the WARNING, usually within 24 hours.

Know What to Do When a Hurricane WATCH Is Issued

Listen to NOAA Weather Radio or local radio or TV stations for up-to-date storm information.

Prepare to bring inside any lawn furniture, outdoor decorations or ornaments, trash cans, hanging plants, and anything else that can be picked up by the wind.

Prepare to cover all windows of your home. If shutters have not been installed, use precut plywood as described above. Note: Tape does not prevent windows from breaking, so taping windows is not recommended.

Fill your car's gas tank.

Recheck manufactured home tie-downs.

Check batteries and stock up on canned food, first aid supplies, drinking water, and medications.

Know What to Do When a Hurricane WARNING Is Issued

Listen to the advice of local officials, and leave if they tell you to do so.

Complete preparation activities.

If you are not advised to evacuate, stay indoors, away from windows.

Be aware that the calm "eye" is deceptive; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings, and other objects damaged by the first winds can be broken or destroyed by the second winds.

Be alert for tornadoes. Tornadoes can happen during a hurricane and after it passes over.

Remain indoors, in the center of your home, in a closet or bathroom without windows.

Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

Prepare a Personal Evacuation Plan

Identify ahead of time where you could go if you are told to evacuate. Choose several places--a friend's home in another town, a motel, or a shelter.

Keep the telephone numbers of these places handy as well as a road map of your locality.

You may need to take alternative or unfamiliar routes if major roads are closed or clogged.

Determine how you will care for your pets.

Notify other family members where you will be.

Listen to NOAA Weather Radio or local radio or TV stations for evacuation instructions. If advised to evacuate, do so immediately.

Hurricane Survival Materials:

Water (one gallon per person per day)

Nonperishable foods; canned meat, fish, fruit and vegetables

Bread in moisture-proof packaging, cookies, candy, dried fruit

Canned soups, juices, milk

Powdered milk or single-serve drinks

Cereal bars, peanut butter and jelly

Instant coffee and tea

Flashlight (one per person) and extra batteries*

Portable battery-powered lanterns*

NOAA Weather Radio

Battery-powered radio or TV

Battery-operated alarm clock

Portable cooler and ice

Waterproof lighter

Butane lighter

Fire extinguisher

Map of the area with landmarks shown

Cooking Equipment

Sterno

Portable camp stove or grill, and an extra propane tank

Stove fuel or charcoal, lighter fluid

Non-electric can opener

Disposable eating utensils

Plates and cups

Napkins and paper towels

Aluminum foil

Oven mitts



Medical Emergency Supplies

First Aid Kit including pain reliever, antibiotic cream, antacids

Prescriptions (one month's supply) Mosquito

Repellent

Sun screen (45 SPF recommended)

Mosquito netting

ABC rated fire extinguisher

Cash

Bleach or water purification tablets

Babies

Disposable diapers (1 month supply)

Formula, food and medication

Documents

Photocopies of prescriptions

Photo identification

Proof of occupancy of residence (utility bills)

Medical history and information

Water and fireproof container for document storage

Backup disks of your home computer files

Camera and film

Pet picture and license documentation

Personal Supplies

Toilet paper

Antibacterial hand wipes or gel

Entertainment: books, magazines, card games, etc.

Soap and detergent

Toiletries

Bedding: pillows, blankets, sleeping bag

Change of clothing

Rain ponchos and work (rubber) gloves

Extra glasses or contact lenses

Extra sets of keys

Other Necessities

Tools: hammer, wrenches, screwdrivers, nails, saw

Trash bags (lots of them)

Cleaning supplies

Plastic drop cloth

Masking or duct tape (for packaging purposes)

Outdoor extension cords

Spray paint

Pet Supplies

Dry or canned food

Water (1/2 gallon per day)

Litter box supplies

Traveling pet carriers

*If the electricity is off, use flashlights ONLY. Candles and oil lamps may cause a fire. Fire crews WILL NOT respond during a hurricane.

Prepare Inside Your Home

Establish a "Safe Room." this should be an interior room within your house, free of windows, or a room with very small windows, like a bathroom. Make sure that your safe room has a clear pathway to an exit.

Turn your refrigerator and freezer to the coldest settings.

Newspaper can help keep refrigerated items cold by providing additional insulation.

Freeze water in plastic jugs and use them to fill empty spaces in your refrigerator and freezer to help keep food cool.

Turn off your gas appliances at their individual inside valves.

Store valuables and personal papers in water-tight containers and store them in the highest possible spot in your home.

Prepare Outside Your Home

Latch your shutters or install pre-cut plywood over all windows and glass doors. Close all windows.

Do NOT drain your pool. Add extra chlorine to prevent contamination. Turn off electricity to pool equipment.

Bring all objects inside that can be blow away, including garbage cans, TV antennas, satellite dishes, lawn furniture, garden tools and plants.

Make trees more wind resistant by removing diseased and damaged limbs, then strategically removing branches so that wind can blow through.

Anchor objects that cannot be brought inside.

If you don't have a garage or carport, park your car as close to the house as possible away from trees.

Fill your car's gas tank early. After a hurricane strikes, gasoline may not be available due to power outages.

Planning for Your Pets

Except for seeing-eye dogs, pets are not allowed in evacuation centers.

Check with your vet or kennel in advance for pet accommodations in case of a hurricane.

Do not leave your pet home during a hurricane. A secure room and a few days supply of food and water does not mean your pet will be safe.

Check with family or friends who live in a secure area and ask if your pet would be welcome in their home during a hurricane.

Make sure your pet's vaccinations are up to date and that the pet is tagged with your current address and phone numbers. You should have current photos of your pets.

If you plan to stay in your home, keep enough pet food, water (one half-gallon per pet per day) and medications to last at least two weeks.

Once the storm has passed, take precaution when allowing your pet outside. Downed power lines, contaminated food or water, and unfamiliar scents may pose dangers.

Planning for Your Boat

You can store a small boat with a trailer in a warehouse or your garage.

If you leave your boat outside, attach the trailer tongue to a firm spot in the ground, deflate the tires, and lash the boat to the trailer. Place boards between the axle and frame to prevent damage to the trailer springs.

If your boat is in a marina, read your contract carefully and check with the dock master for any new requirements.

Your insurance policy should include adequate coverage for damage that your boat may cause to other property.

Inventory all vessel equipment and keep a copy with your Hurricane Kit.

Identify safe harbors. Take a test run to a safe harbor now, checking route conditions and travel time. Keep in mind that district canals are not to be used during a hurricane.

Drawbridges do not operate during evacuations.

Do not, under any circumstances, plan to "ride out" the storm on your boat.

Know What to Do After a Hurricane Is Over

Keep listening to NOAA Weather Radio or local radio or TV stations for instructions.

If you evacuated, return home when local officials tell you it is safe to do so.

Inspect your home for damage.

Use flashlights in the dark; do not use candles.

Home Health Solutions Group, Inc. useful contacts

Telephone Numbers: 786-991-2300 Toll Free Nationwide 800-605-0027

Fax Numbers: 786-991-2300 Emergency telephone: 305-753-0053 e-mail:

info@hhsgroup.net website: www.hhsgroup.net