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Before a Hurricane

Step 1: Make a Family Disaster Plan, include:

- Out-of-town emergency contacts
- Other important phone numbers
- Evacuation routes
- Shelter locations
- Include specific family needs

Step 2: Practice the plan at least twice a year

- Update plan as information changes
- Drive planned evacuation routes

Step 3: Create a Disaster Kit

- Large plastic bin or box to hold items
- Flashlight
- Whistle to signal for help
- Radio
- Extra Batteries
- Cell phone charger
- Blankets or sleeping bags & towels
- Children:
 - Full diaper bag
 - Baby bottles or sippy cups
 - Pacifiers or comfort items
 - Favorite small toys & books
 - Growth charts
- Medical
 - Prescribed medications, at least 2 weeks
 - Copy of medical insurance
 - Immunization Record
- Change of clothing & shoes
- Extra cash
- First aid kit
- Soap, toothpaste, toilet paper, etc.
- Copies of important documents (medical records, insurance cards, IDs, bank account records, etc.)
 - Games, coloring books, or puzzles
 - Identification (ex. bracelet with child's name and parent's contact info)
 - Contact information for doctor & other specialist
 - Medical Record (condition, medications, allergies, etc.)

Step 4: Collect Emergency Food and Water

- Canned food
- Instant soup
- Peanut Butter
- Cereal
- Baby food or powdered infant formula
- At-least 1 gallon of water per person per day
- More water is needed for children, nursing mothers, and sick family members
- Nuts & trail mixes
- Protein & granola bars
- Dried fruits

Step 5: Plan to protect pets and other animals

- Microchip pet and keep contact information updated
- Find a pet-friendly place to stay or animal shelter
- Have contact information for veterinarian
- Include pet supplies in disaster kit
 - Leash & collar with ID
 - Current photo
 - Toys
 - Pet carrier
 - Waste bags or litter
 - Food & water bowls
 - Can opener
 - Copies of vet records & registration information
 - Medications
- Add at least 2-week supply of food and water for each pet

Step 6: Talking to children about disasters

- Show kids how to call for help and when to use emergency numbers
- Teach your kids how to recognize emergency alerts
- Talk about basic hurricane information
- Go over the steps to keep your kids safe
- Be honest when answering questions

During a Hurricane Warning

Initial alert: 36 -48 hours

- Listen to the local news for weather updates and evacuation advisories
- Review evacuation zones, evacuation routes, and shelters
- Review the family disaster plan
- Restock the disaster kit
- Make sure there is enough emergency food and water

Approaching: 18-36 hours before

- Communicate with emergency contacts
- Prepare home by:
 - Cleaning the yard (to prevent projectile debris)
 - Bringing in light weight objects from outside
 - Tying down other outside objects
 - Trimming and removing loose branches
 - Covering windows with storm shutters or plywood
 - Testing CO monitor
- Fill up car with gas and move car into garage or under cover
- Follow instructions of local authorities about evacuation
 - Take disaster kit and emergency food and water
 - Turn off gas, electricity, and water
 - Unplug appliances
 - Take pets with you
 - Plan to leave if you live in a mobile home

Near: 6-18 hours before

- Check the latest weather updates often
- Charge cell phones, computers, and other electronics

Immediately before: 0-6 hours

- Stay home if not in area of evacuation
- Do not go outside until storm is over
- Stay away from windows
- Check the latest weather updates often
- Consider limiting amount of media coverage children watch
- Turn fridge and freezer to coldest setting
- Be ready if told to leave

After a Hurricane

Preventing Illness and Injury

- Get to higher ground if flooding occurs
- Do not drive or walk through flooded areas or standing water
- Do not allow children to play in water
- Pay attention to temperatures outside and protect the vulnerable (ex. age 65+, babies, children, and the sick)
- Listen to reports of the air quality and limit time outside when exposure is high
- Wash hands with safe water
- Do not drink or eat anything contaminated by flood water
- Throw away food that smells different and looks different
- Wear rubber gloves, glasses, mask, and sturdy shoes during cleanup
- Minimize time around cleaning solutions
- Keep children and pets away until cleanup is done
- Seek medical assistance for injuries or illnesses

Returning Home

- Return home only when local officials say it is safe to do so
- Avoid loose power lines and stay on solid ground
- Enter your home during daylight hours, exercising caution
- Use flashlight to inspect walls and foundation
- Look for any hazards caused by gas leaks, electricity, and flood water
- Watch out for wild or stray animals, snakes, and insects
- Take pictures of home and personal belongings
- Ventilate home by opening doors and windows
- Throw away items that cannot be washed or disinfected
- Cut out dry wall and insulation that came in contact with flood water
- Fully clean hard surfaces with hot water and soap
- Children should only return once cleanup is complete

Environmental Hazards

Mold

- Mold begins to grow within 24-48 hours
- Mold exposure can increase risk of:
 - Asthma attacks
 - Wheezing
 - Stuffy nose
 - Red and itchy eyes or skin
- Signs of mold include:
 - Discolored walls or ceilings
 - Musty, earthy, or foul odor
- Completely dry everything before cleanup
 - Open windows and doors
 - Use fans when possible
- Throw away objects that cannot be cleaned
- Hire professionals to help with larger jobs
- Protect mouth, nose, skin, and eyes during cleanup
- Cleaning mold:
 - Use soap and water, household bathroom cleaning products, or a mixture of 1 gallon of water with 1 cup of bleach
 - Never mix cleaning products
 - Painting or caulking over mold will not fix the problem

Mosquitoes

- The types of mosquitoes spreading viruses can increase 2 weeks to 2 months after hurricane
- Prevent bites:
 - Wear long sleeves and pants
 - Use insect repellants approved by the Environmental Protection Agency (EPA)
- Babies and children:
 - Cover legs and arms with clothing
 - Cover strollers and baby carriers
 - No insect repellants on children < 2 months of age
 - No products with oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children < 3 years of age

- Get rid of standing water
- Drain puddles of water or fill with dirt
- Repair holes in screens or gaps in walls, doors, and windows

Flood Waters

- Do not drive or swim through flooded area (fast moving water can pose a risk of drowning)
- Avoid flood waters due to possible increased contamination from sewage or toxic substances and hidden hazards from trees, branches, electrical wires, broken glass, and other sharp objects
 - Protect open cuts or wounds
 - Wear rubber boots
 - Wash hands and exposed body parts
 - Do not allow children to play in water
- Look out for stray or wild animals, snakes, and insects

Carbon Monoxide Poisoning

- CO is a colorless, odorless, and tasteless gas
- Power outages increase the risk of exposure
- Have a working smoke detector and CO detector in the house
- Never use portable generators indoors or near sleeping areas
- Other cooking devices (charcoal grills and kerosene) should not be used indoors for cooking
- CO exposure symptoms:
 - Headache
 - Dizziness
 - Weakness
 - Nausea
 - Vomiting
 - Chest pain
 - Confusion
 - Loss of consciousness
 - Death
- If concern for exposure, get fresh air immediately, call poison control, and seek medical attention

Extreme Heat

- Heat and humidity brought by the storm worsen with the loss of electricity
- Small children, the elderly, and the sick are more vulnerable to extreme heat
- Protection against extreme heat:
 - Stay hydrated
 - Limit time in direct sunlight

- Schedule outdoor activities in the morning or evening
- Spend time in cool places (mall, library, movies, etc.)
- Wear sunscreen
- Reduce strenuous activities
- Take cool showers
- Use light-weight, light-colored, and loose-fitting clothing

Animal Hazards

- Animals can be forced out of their habitat after a hurricane
- Do not corner stray or wild animals
- Remove food and water sources that can be used by stray animals
- Throw away trash and debris as soon as possible
- Snakes may swim in water to get to higher ground
- Call local authorities for help removing animal and snakes from home

First Aid

Classes to take:

- First Aid
- CPR
- Choking
- Stop the bleed

When to call for help:

- Serious injury or illness:
 - No response to touch or voice
 - Cannot move body part
 - Bleeding heavily
 - Sudden confusion
 - Trouble breathing
 - Chest pain
 - Seizure-like activity
 - Stroke symptoms
 - slurred speech
 - facial droop
 - arm or leg weakness
- Unsure what to do
- Person in unsafe area or situation

Cuts and wounds

- Wash hands with soap and clean water
- Avoid touching the wound with exposed hands
- Put pressure and elevate extremity to stop bleeding
- Clean wound with soap and water
- Remove dirt or foreign objects
- Pat dry and apply waterproof bandage
- Seek immediate medical attention:
 - Large and deep wounds
 - Animal or snake bite
 - Puncture with dirty object
 - Skin redness
 - Pus
 - Fever
 - Increased pain
 - Need to update tetanus

Burns and blisters

- Possible sources of skin burns: sun, hot water/steam, electricity, chemicals, and fire
- Wear sunscreen, hat, and long sleeves when outside
- Apply moisturizer and drink more water
- Wash burn with cool water and soap

- Put ice pack on area to reduce swelling and pain (limit to 20 minutes at a time)
- It is safe to apply aloe vera or antibiotic cream (ex. bacitracin)
- Do not put on other substances on burn (butter, mayonnaise, etc.)
- Leave blisters intact and don't scratch skin
- Cover burn with bandage or clean cloth
- Seek immediate medical attention:
 - Large or deep burns
 - Burns to face, genitals, hands, feet, near or on joint
 - Signs of infection
 - Need to update tetanus

Bug bites and stings

- Remove the stinger by scraping with credit card or similar item
- Wash the area with soap and water
- Put ice pack on to reduce swelling and pain (max 20 minutes)
- Watch out for allergic reaction
- Call poison control for advice
- Seek immediate medical attention:
 - Difficulty breathing or swallowing
 - Swelling of the lips, eyelids, or throat
 - Hives
 - Nausea and vomiting
 - Muscle cramps
 - Signs of infections

Eye wash and eye safety

- Wear safety glasses or goggles to avoid splash from chemical or debris
- Do not rub eyes
- Flush eyes for at least 15 minutes
- Remove contact lenses
- Seek immediate medical attention if continued pain

Sprains and strains

- Don't overuse muscles and be aware of surroundings to avoid sudden falls or twisting
- Stop activity if painful or swelling
- RICE
 - Rest – avoid weight bearing for 48 to 72 hours
 - Ice – use cold packs (max 20 minutes at a time)

- Compression – use elastic wrap or bandage
- Elevation – place above heart when possible
- Seek immediate medical attention:
 - Bent or deformed bone
 - Severe pain with touch or movement
 - Unable to hold bear weight
 - Numbness or tingling
 - Sign of infection

Nose bleeds

- Sit up and lean forward
- Pinch soft part of nose and breathe through mouth
- Seek immediate medical attention:
 - Bleeding >30 minutes
 - Difficulty breathing
 - Large amount of blood loss
 - Dizziness or paleness

– For specific medical advice, diagnosis, and treatment consult your doctor –

Important Phone Numbers

| | |
|--|--|
| US Department of Housing and Urban Development | 1-800-955-2232 |
| US Postal Service | 1-800-275-8777 |
| Social Security Administration | 1-800-772-1213 |
| Medicare and Medical Issue | 1-800-633-4227 |
| Small Business Administration | 1-800-659-2955 |
| Federal Emergency Management Agency (FEMA) | 1-800-621-FEMA or TTY 1-800-462-7585 |
| FEMA, Open Emergency Shelter | Text SHELTER and zip code to 43362 |
| SAMHSA's Disaster Distress Hotline | 1-800-985-5990 or text TalkWithUs to 66746 |
| National Suicide Prevention & Crisis Lifeline | 1-800-273-TALK (8255) |
| Salvation Army | 1-800-758-2769 |
| American Red Cross | 1-800-RED CROSS / 1-800-733-2767 |
| American Red Cross, hurricane or any disaster registry/welfare | 1-866-GET-INFO or online at RedCross.org/SafeandWell |
| Poison Control | 1-800-222-1222 |
| Emergency Services | 911 |
| National Flood Insurance | 1-800-720-1090 |

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