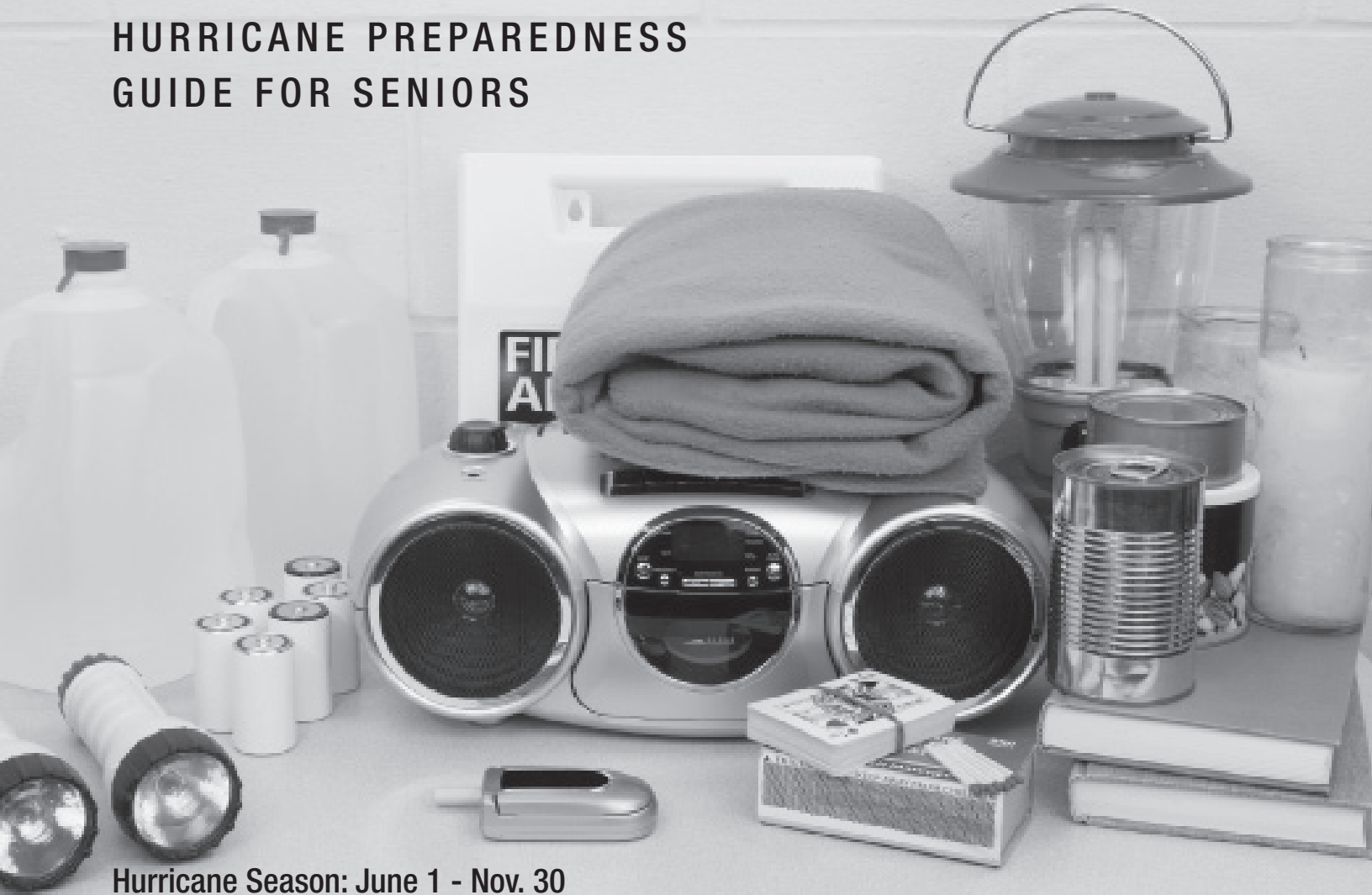


# Are You Ready?

## HURRICANE PREPAREDNESS GUIDE FOR SENIORS



Hurricane Season: June 1 - Nov. 30  
Store this guide in a safe place for future reference

- » What is the difference between a hurricane watch and hurricane warning?
- » What are my options if a hurricane approaches?
- » How should I care for a loved one with special needs?
- » How do I learn more about a “special needs” shelter?
- » What should I do with my pet?
- » What supplies will I need for a hurricane?
- » What contact numbers should I have ready?
- » How should I get started with my hurricane plan?
- » What should I do after a hurricane passes?



## What are my options if a hurricane approaches?

### **Plan A: STAY HOME.**


If you don't live in an evacuation zone or a manufactured/mobile home, stay home and take these precautions:

- » Remain calm and gather all supplies that you will need **EARLY**.
- » Establish a "safe room" in an interior room with no window. Bring needed supplies including battery-powered radio, flashlights, medication, food and drinking water into this room.
- » Make sure that your home is secure and shuttered, and that it can withstand a hurricane. Ask neighbors to assist with preparations if necessary.
- » Make sure that a neighbor or someone in your family knows that you will be there.

### **Plan B: STAY WITH LOCAL FRIENDS.**

If you plan to stay with family or friends during a hurricane, take these precautions:

- » Remain calm. Call them in advance. Make sure they will be ready for you.
- » Have a backup plan in case they are out of town.
- » Have the enclosed checklists completed outlining your needs.
- » Bring your own food, water, medicine supply and important papers with you.
- » If your loved one has dementia, ask to have a room just for you and your loved one. Ask them to take the same safety precautions you have in your home (e.g., hide sharp objects and poisons, limit access to exits, cover mirrors).
- » Notify your friends/family/neighbors of your evacuation plans.



**To let friends and family know of your well being, the American Red Cross has the Web site [www.safeandwell.org](http://www.safeandwell.org), also known as the safe and well site. You can register on the site and leave information on your condition before, during, and after a storm. Then, family or friends can log on and search for you to see how you are doing and where you are located.**

### **Plan C: RELOCATE OUTSIDE THE AREA.**

If you live in an evacuation zone and/or a mobile/manufactured home, you must relocate.

- » Remain calm. **LEAVE EARLY** and let others know where you are planning to go.
- » Have a full tank of gas and a current, easy-to-read map handy.
- » Know where you are going. If you are going to a hotel, make sure that you have a reservation, as many hotels, even a hundred miles away, will fill up quickly.
- » Have the enclosed checklists completed outlining your needs.

### **Plan D: GO TO A SHELTER.**

If you plan on going to a shelter you may need to be prepared for an extended stay. Take these precautions:

- » Make arrangements for your pets **EARLY** – before hurricane season starts. Red Cross shelters do not allow pets. Ask your veterinarian if there are pet friendly shelters in your area.
- » Prepare supplies that you can bring with you; e.g., **IMPORTANT PAPERS, FOOD, WATER**, medications, a change of clothes, snacks, personal hygiene supplies, etc. You may also need to bring a sleeping bag/folding cot. Please check with your shelter officials.
- » Make sure that the shelter you are going to is open and has space. Watch the local media for updates.
- » Bring your cell phone (if you have one) and your charger or extra batteries.
- » Notify your friends/family/neighbors of your evacuation plans.

In all cases, **early preparation is the key** to surviving a hurricane with as little discomfort as possible. If you need assistance at any point, be sure to contact your local social service agencies as early as possible, as agency employees will also be preparing for the hurricane and cannot assist you at the last minute!

**Now that you have considered several possibilities, make some notes on what your plan will be (see page 12).**

# Hurricane Preparation Checklist

## During a hurricane WATCH:

(hurricane may hit your area within 24 – 36 hours)

- Pay attention to instructions from public officials and the media
- Check your first aid kit
- Gather important documents
- Check food, supplies and water
- Obtain cash/travelers checks
- Check medications and prescriptions
- Fill up your car with gas
- Fill propane tanks if you plan to use a grill
- Check radio, flashlight and batteries
- Pick up all objects from your yard and store inside. **Trash pick up is often suspended.** They may not be picked up at the curb before a hurricane and can become deadly flying objects.

## During a hurricane WARNING:

(hurricane is likely to hit your area within **24** hours)

- Pay attention to instructions from public officials and the media
- Fasten all doors and shutters, and protect glass and French doors
- Lower all blinds and close curtains
- Sanitize bathtub and fill with water
- Secure storm shutters/awnings
- Fill clean containers with water for drinking
- Fill freezer with containers of water
- Cover valuables and furniture with plastic and move away from windows
- Do **NOT** drain pool; **DO** turn off electricity to all pool equipment
- Place the following in a large waterproof bag or plastic container:
  - First aid kit
  - Insurance/important papers
  - Large towel, wash cloths and paper towels
  - Detergent and soap
  - Blanket and pillow
  - Clothing
  - Sunscreen and insect repellent
  - Trash bags
  - Personal care items
- If taking down a TV antenna, unplug your set to make sure it is not electrically charged



# Hurricane Supplies Checklist

## Medical supplies

- Arrange for a **one-month supply** of all medications. Contact your doctor and pharmacy early. Also, ask your doctor about how to properly store medication during a power outage, especially the medication that you would normally keep in the refrigerator.
- Have extra prescription eyeglasses, sunglasses and hearing aid batteries.

## Food, water and related supplies

- Non-perishable foods, such as ready-to-eat canned meats, fruits and vegetables; canned/bottled beverages; and dry foods such as crackers. At least a 5-7 day supply of food is recommended.
- Non-electric can opener **THAT YOU CAN TURN** by hand
- Drinking water. At least one gallon per person, per day. A two-week supply is suggested.
- Soaps and detergents
- Non-electric stove (optional). Do not forget to buy fuel for it if you use one.
- Several coolers and ice. Consider making "blocks" of ice in advance to use in the coolers when you need them.
- Disposable eating utensils (optional) or several sets of dinnerware
- Pet food, supplies and carrier cage
- Large and small trash bags
- Paper towels, tissues and rubber gloves

## Personal products

- Sanitary/continence supplies (toilet paper, adult diapers, etc.)
- Personal hygiene items (toothbrush, toothpaste, deodorant, soap, etc.)

## First aid/protective gear

- First aid kit
- Fire extinguisher
- Insect repellent and sunscreen
- Bleach without additives (for purification purposes)
- Disinfectant
- Protective clothing and hats
- Extra pairs of dry socks and several pairs of comfortable shoes

## Other supplies and documents

- Flashlights and extra batteries
- Battery operated radio, fan and extra batteries
- Matches in a waterproof container
- Umbrellas and lawn chairs
- Tarp or plastic sheeting
- Pillows and blankets
- Sleeping bag/folding cot
- Get a non-cordless telephone! **CORDLESS PHONES WILL NOT WORK IF THE POWER IS OUT.**
- Have an extra battery pack for your cellular phone or a charger for use in a car lighter.
- Have cash/travelers checks in case banks are closed and ATMs aren't working.
- Put all important papers such as insurance policies (home, auto, life), list of medications, Medicare and/or Medicaid cards, birth certificates, etc. in a waterproof, portable container and put in a safe place.
- Have a current phone list of family and friends.

# How should I care for a loved one with dementia/special needs?

- » Keep calm and ask for help. Seek assistance through local agencies, support groups, family and neighbors. Your loved one will take cues from you and sense if you are panicked.
- » Take care of your needs while you are caring for your loved one. Make sure that you both get the proper nutrition and amount of rest.
- » Early on, ask your physician to prescribe medications to be kept on hand for emergency situations. These would be regular medications, as well as those which could safely decrease anxiety and promote sleep.
- » Monitor your loved one's level of anxiety and agitation. Realize that your loved one may not understand what is going on. **CONTINUE TO REASSURE.** Expect that stress levels may increase for you both. You may need to administer the emergency medication if you notice that anxiety or agitation in your loved one is increasing.
- » If you or your loved one has special medical needs, pre-register with the special needs shelter officials (see page 7).
- » If your loved one suffers from dementia, make sure that you and your loved one have a Safe Return or other identification bracelet on. For details, contact the **Alzheimer's Association** 24-hour help line at **1-800-272-3900** or their Safe Return number at **1-888-572-8566**. Both numbers are toll-free. In the meantime, a hand-made bracelet could be created with name, telephone number and address.
- » Let family and friends know your plan.

## **IF YOU STAY AT HOME:**

- » Expect that the home environment may be challenging. Enlist people to help prepare for the storm and stay with you.
- » Have activities to occupy and distract your loved one (photo books/albums, music with headphones or consider sing-along activities).
- » Keep rooms well lit – shadows and darkness add to confusion. Lantern style flashlights are preferable to spotlights, which will create more shadows.
- » Minimize outside noise by closing curtains and doors to rooms with windows that face outdoors as the sounds of wind, rain and flying debris can be particularly frightening and confusing.

## **IF YOU GO TO A SHELTER:**

- » Bring your necessities, including pillows, blankets, sleeping bag/folding cot, any special dietary food, toiletries, a change of clothes, prescription medicines and some battery powered flashlights. A few “comforts of home” (a favorite pillow or quilt) can provide familiarity. Bring favorite foods and snacks to use as distractions.
- » Observe safety precautions such as limiting access to exits from the building or access to sharp objects.
- » Be aware of people interacting with your loved one as “strangers” and the unfamiliar environment may easily agitate your loved one. Choose a quiet corner.
- » Pack incontinent supplies and disposable cleaning cloths if necessary.

## How do I learn more about a “special needs” shelter?

Special Needs shelters can help provide for citizens with certain medical problems during a major emergency. To be eligible for the Special Needs Program, you **must pre-register** and meet established criteria. If you do not qualify, seek advice from your doctor regarding your sheltering alternatives.

The official registration for the Special Needs Program must be completed and submitted for consideration. Be aware that you may need to complete the form with your doctor or health care professional.

Contact your county Emergency Management office or call the **Elder Helpline** at **1-800-963-5337** to learn how to obtain details on Special Needs shelters in your community.

### **Space is limited at special needs shelters and prioritization is based on need.**

Please check with your shelter officials. In general, registrants must bring all required medical supplies and equipment to the shelter (including items such as incontinent supplies) and should be accompanied by a caregiver, as the volunteer medical staff will be unfamiliar with your medical condition and treatment. Be sure to ask about specific shelter requirements and supplies that you need to bring.

Transportation assistance may be available in your community, but the primary responsibility in getting to the special needs shelter lies with the individual.

Information you provide to officials, such as the Emergency Management Office, will be used only to provide for your care during a major emergency. The information you provide is confidential and protected by Florida law.

**The phone number for your county Emergency Management office can be found in your telephone book BLUE PAGES under county Government Offices or by calling directory assistance. In some cases, the Emergency Management number may be listed under your Public Safety Department.**





## What should I do with my pet?

Before storm season, find “pet friendly” places to evacuate to, such as friends, family, hotels, or veterinary clinics (you may need to make arrangements in advance).

Consider obtaining a pet carrier before storm season. If you can't afford one, contact an animal shelter or thrift shop to purchase one for little or no cost. Train your pet to be comfortable in the carrier before you need to evacuate. If humans need to evacuate, so should pets. Find a safe area well outside of the evacuation zone for both you and your pet.

### **Have a pet “emergency kit” available, including:**

- » Pet food and water (enough for a minimum of three days)
- » Kitty litter and pan
- » Medication (heartworm medicine, motion sickness pills, sedatives, etc.)
- » Bowls, paper towels, newspaper, pet toys and cleaning supplies
- » Leashes and collars with current license identification and rabies tags securely attached, and a muzzle, if necessary



**Helpful records to take with you include:**

- » Copies of vaccinations and shot records
- » Ownership papers
- » Current photo of each pet (include yourself in the picture)
- » Contact list of phone numbers for friends and relatives outside the evacuation area

Place a copy of these records in a plastic bag and secure the plastic bag to the carrier. If it is safe to remain at home during the storm, remain calm and speak to your pet regularly in a calm and reassuring voice.

**Never leave your pet outside during the storm.** After the storm, walk your pet on a leash. Never allow it to roam free where it might encounter a downed power line or other hazard. **Never allow your pet to consume food or water that may be contaminated.**

# Important Contact Numbers

Contact	Name	Phone/Account Number
Relative/Friend		
Relative/Friend		
Service Provider		
Service Provider		
Life Insurance Co.		
Auto Insurance Co.		
Home Insurance Co.		
Doctor		
Pharmacy		
Medicaid/Medicare		
Bank		
Bank		
Other		
Other		
Elder Helpline		1-800-963-5337
Evacuation Registration And Transportation		
American Red Cross		
County Emergency Mgmt.		
Important Number		
Important Number		

## Medications

(carefully list all medications and the prescribed dosage)

	Name	Dosage

Note: You may need to check your telephone book BLUE PAGES for numbers. Also, visit [www.FPL.com](http://www.FPL.com) if you need to update your phone number on record with FPL.



# My Hurricane Plan

Every Floridian is encouraged to accept hurricane preparedness as a personal responsibility. To help you get started, complete this page to make sure you are fully prepared.

## What do I need to do to secure my home and who will help me?

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## Where am I going to stay during the hurricane?

Home \_\_\_\_\_ Friends/Family/Neighbors \_\_\_\_\_ Hotel \_\_\_\_\_ Shelter \_\_\_\_\_

## Where will my pet(s) stay?

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## If I'm staying at home, what do I need to do to be prepared?

- » Remain calm
- » Secure home
- » Gather supplies (see page 4 and 5)
- » Establish a safe room (see page 2)
- » Tell family/friends/neighbors that I'm staying home

## Make plans now for situations you might encounter after the storm.

- » The doors could be blocked by debris. Think about a safe way to exit.
- » The garage door may need to be opened manually. Would you need help?

## Other steps I need to take if I'm staying:

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## **After the hurricane passes**

- » Keep away from flooded and debris-laden areas because they may be hiding downed lines that can cause electrical shock.
- » Don't touch any tree or object in contact with or near power lines.
- » Beware of weakened roads, bridges, tree limbs and porches that may collapse.
- » Use the telephone for emergencies only:
  - » Do call the police or utility immediately to report hazards such as downed power lines, broken gas or water mains, or overturned gas tanks.
  - » DO NOT call to report interruptions in electric, gas, water or telephone service. Utilities have plans for complete service restoration.
- » Continue to conserve refrigeration. Check food for spoilage after power is restored. If in doubt, throw it out!
- » If putting up your CB or TV antenna, beware of power lines nearby.
- » Be cautious when using emergency cooking facilities. Fire fighting will be difficult if water lines are damaged.
- » Don't use candles; use battery-operated flashlights and lanterns instead.
- » If you use a portable generator, read and follow all instructions and use safely outside. Visit [www.FPL.com/safety](http://www.FPL.com/safety) for more generator and post-storm tips.

## **FPL's storm restoration plan**

FPL's restoration plan focuses on restoring power to the greatest number of customers safely and as quickly as possible. Here's how the plan works:

- » We start by repairing damage to the FPL plants that produce electricity and the power lines that carry it from our plants, which are essential to providing any electric service.
- » Simultaneously, we focus on restoring power to the critical facilities that provide essential services to your community, such as hospitals, police and fire stations.
- » At the same time, we work to restore service to the largest number of customers in the shortest amount of time.
- » From here, we work to restore service to smaller groups and neighborhoods, converging on the hardest hit areas until every customer is restored.



**Development of this brochure was supported by:**

- » Alliance for Aging, Inc., for Miami-Dade and Monroe Counties  
[www.allianceforaging.org](http://www.allianceforaging.org)
- » Alzheimer's Association, Southeast Florida Chapter  
[www.alz.org/seflorida](http://www.alz.org/seflorida)
- » Alzheimer's Community Care, Inc.  
[www.alzcare.org](http://www.alzcare.org)
- » American Red Cross, Greater Palm Beach Area Chapter  
[www.redcross-pbc.org](http://www.redcross-pbc.org)
- » Area Agency on Aging of Palm Beach/Treasure Coast, Inc.  
[www.YourAgingResourceCenter.org](http://www.YourAgingResourceCenter.org)
- » Palm Beach County Division of Emergency Management  
[www.pbcgov.com/pubsafety/EOC](http://www.pbcgov.com/pubsafety/EOC)
- » Palm Beach County Division of Senior Services  
[www.co.palm-beach.fl.us/communityservices/programs/seniorservices](http://www.co.palm-beach.fl.us/communityservices/programs/seniorservices)



This guide is intended to help you prepare for a hurricane and deal with the aftermath, should one impact our area.  
THIS GUIDE IS NOT INTENDED TO BE ALL-INCLUSIVE.  
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