

HURRICANE SURVIVAL BOOK

Weathering the Storm


FEEDING[®]
NORTHEAST FLORIDA

Plan Ahead to Stay Safe

When you live in Florida, it's not a matter of *if* the next hurricane will come — it's *when*. You have to be prepared at all times because if you wait until danger is imminent, it's too late.

Feeding Northeast Florida is on the frontlines when disaster strikes, rushing emergency relief food, water, and other supplies to those in greatest need. We know what it means to be prepared, and unfortunately, we've seen what being underprepared can do, too. So please, take a moment to look through this book, fill in the sections about evacuation and communication plans, and then put it somewhere safe where everyone can get to it.

Preparing now could make all the difference when disaster hits.



EXPERT TIP: Put your Hurricane Survival Book in a safe place you can easily access so you have it when you need it.

Getting Ready: Things to Do NOW

Create an Emergency Kit

You may find yourself forced to ride out a storm, stuck trying to evacuate, or staying in a shelter, and it's critical that you have the tools you need for you and your family to be safe. Put together your kit now, and you'll have it should you ever need it. Your basic emergency kit should include:

- Important contact information
- Evacuation route
- Local maps
- AM/FM radio/NOAA Weather Radio and batteries
- First aid kit
- Flashlight
- Multi-purpose tool
- Matches in waterproof container
- Signal whistle
- A three-day supply of nonperishable food (don't forget the pets)
- A gallon of water per person per day for three days (and pets!)
- Towelettes, garbage bags, and hand sanitizer
- Dust masks for contaminated air



EXPERT TIP:

Sign up for local emergency alerts, and receive text messages to keep you informed. Visit [ready.gov/prepare](https://www.ready.gov/prepare) to learn more.

Make a Checklist

Your emergency kit should be prepared ahead of time, packed, and ready to grab at any time. But there are other critical items you'll need that don't really fit in this kit. Make a list now so you don't forget something important if you need to evacuate. Here's a sample list for your "go bag."

- Cell phone, backup battery, and chargers
- Medications for at least one week and copies of prescriptions
- Extra contact lenses
- Toilet paper and paper towels
- Toothbrushes and toothpaste
- Blankets
- Extra clothes and sturdy shoes
- Medical equipment/assistive technology and backup batteries
- Critical documents like your photo ID, passport, cash and credit cards, personal records, medical records, financial information, property records, and insurance information
- Waterproof, portable container to keep your documents safe
- Comfort and priceless items like photos, books, or a child's favorite stuffed toy
- Pets and pet needs (medications, food, leash, and collar)
- _____
- _____
- _____

Emergency Contact Information

Family Members

Name

Address

Phone

Name

Address

Phone

Name

Address

Phone

Non-Family Emergency Contacts

Name

Address

Phone

Name

Address

Phone

Know Where to Go

Plan out your evacuation route now, and know exactly where you'll go. Locate all local hurricane shelters, and take a drive so you aren't searching when time is of the essence. Plan backup options to primary routes in case there are road closures or traffic jams.

Where are we going?

How do we get there?

ROUTE A:

ROUTE B:

ROUTE C:

Meeting place if family members are separated in a disaster:

Know Who to Call

Emergency Assistance Agencies

Federal Emergency Management Agency (FEMA)

FEMA provides assistance for all major disasters. To find your local office and for other FEMA information, visit fema.gov

FEMA Local Office Phone

Local Police Department

(Dial 911 in an emergency)

Address

Non-emergency Phone Number

State and Local Agencies

To find disaster assistance agencies in your community, visit www.ready.gov

Agency Name

Phone Number

Agency Name

Phone Number

Local Fire Department

(Dial 911 in an emergency)

Address

Non-emergency Phone Number

Local Hospital

(Dial 911 in an emergency)

Address

Non-emergency Phone Number



EXPERT TIP:

If you are evacuating with children, don't forget their favorite teddy bear or blanket! Anything that brings comfort in a time of crisis is important.

Family Doctor

Name

Office Address

Non-emergency Phone Number

Hurricane Warning — Now What?

A hurricane warning has been issued and disaster is imminent. Pay attention to your local news channels and find out if an evacuation notice has been issued. Leave immediately or it could be too late to safely travel. Remember, if you decide to stay home, you could be stranded for several days if roads are impassable.

You'll generally have a few days of advance notice, so double check this Hurricane Warning checklist:

- Fill up your gas tank
- Double-check your emergency kit
- Pack your "go bag" in case of evacuation
- Check evacuation routes for any closures
- Confirm local shelter locations if needed
- Contact out-of-town connections to notify them you'll be coming or make hotel reservations
- Bring loose, lightweight objects inside, and anchor heavier objects
- Turn your refrigerator to the lowest setting to keep food cold longer in case you lose power. If power is lost, limit opening your refrigerator to keep its contents cool.



EXPERT TIP: Stay indoors and away from windows and glass doors. Get to the lowest level that is unlikely to flood in a sturdy, windowless room.

After the Storm: Staying Safe

Follow these 6 Dos and Don'ts after the storm:

DO wait for authorities to say it's safe before returning home

DO NOT attempt to wade through any floodwaters

DO wait for damaged buildings to be inspected before entering

DO NOT drink any tap water until you know it's safe

DO contact FEMA and local authorities for help if needed

DO NOT eat any food that was not maintained at a proper temperature



EXPERT TIP: Never use a generator or gas or charcoal grill indoors or in an enclosed area.

After the Storm: Lending a Hand

If you or someone you know needs help getting emergency food, water, or other supplies, Feeding Northeast Florida is here to help — in times of natural disaster or any personal crisis.

While we are not first responders on the scene, we work closely with disaster relief organizations like American Red Cross, The Salvation Army, and United Way to distribute food and other essentials in times of crisis.

We stand at the ready long before an emergency occurs. Our Disaster Response Plan includes our 160 hunger-relief network partners, putting us in the best possible position to respond in the event of a disaster.

To learn more about what we do and how you can help, visit feedingnefl.org



Hurricane Irma Relief

When Hurricane Irma made landfall in September 2017, 6 million Floridians were without power. Irma dealt a particularly devastating blow to those already living on the brink of hunger.

Thanks to our generous supporters, help was on the way — even before the rain stopped falling.

Irma Relief by the Numbers:

830,000 meals distributed in the immediate aftermath, including:



180,000
BOTTLES OF WATER



89,000
DISASTER-RELIEF-KIT MEALS



3 MILLION MEALS
distributed from October to December



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