

# **HURRICANE SURVIVAL TIPS FROM 6/12/2015 SLCCV BULLETIN**

## **FOOD SECTION**

Milk - Buy boxed milk - shelf life of perhaps a year and it is the real thing. Water - Smaller water bottles freeze quicker (always remove some before freezing) and can be packed to keep food cold. Half gallon and gallon sizes are good for freezers and refrigerators. If doors can be kept closed (during power outages) frozen bottles will last quite a while and you will have to water to drink as needed when they thaw.

Mayonnaise and condiments in tubes are easier to store, keep cool and use. If not tubes make sure you have plastic bottles. Without power to see and water to clean with plastic is safer and easier to store, handle etc.

Sugar or Substitute - Individual packages can be packed in suitcases or elsewhere without fear of being spilt. Small zip lock plastic bags are a great way to carry almost anything.

Plan menus *now* that do not require refrigerated foods. Plan several days of meals and Have these foods on hand in your pantry. Pick up a little at a time for your pantry so there is no last minute panic buying. Post the menus inside your pantry door for easy access.

Do not fully stock your refrigerator or freezer during hurricane season. Lose power, which is a definite possibility and freezer foods thaw and spoil. Plan menus using foods you can take to hotels (or your safe place) that do not require refrigeration or cooking. Ingenuity and shared menus are great things to have. Pack your car accordingly. Restaurants and gas to get there are hard to find in and after hurricanes.

## **PERSONAL HYGIENE.**

Baby wipes or similar wipes a necessity.

Waterless cleaner for hands (e.g. Purell)

Paper towels and toilet paper.

Travel size toothpaste, shampoo, soap, lotion.

First aid kit for car a must.

Pack towels even if going to hotel. They will also possibly lose power - no laundry usually no room service either.

Trash bags for dirty laundry and a multiple other uses are great items to have on hand.

## **MEDICAL NEEDS**

As hurricane season nears try to have at least a month's supply of all medicines needed for each person in your house. This includes prescriptions and over the counter drugs. Speak to your pharmacist and doctor. Include personal hygiene

items. Have a written list of all your medical needs.

## **PAPER WORK**

Now is the time to make copies of will, medical living will, power of attorney, house deed or title etc. Store original safely and keep copies with you. You will need proof of identity and address to be able to return to park. Have important phone numbers with you, including the park number. Also have web site is handy. If you can get access to a computer - hotels have them available for guests use - the web site for the Palm Beach Post is a good source of information. Keep with you. List your doctors and their numbers & Medical insurance companies numbers.

## **YOUR VEHICLE**

Extra gas cans, for vehicle and or generator. "Fix a flat" for tires, Flashlight, Battery jumper cables, Car Battery operated air pump and Charger for your cell phone

## **PREPARING YOUR HOUSE AND YARD**

Store all outside furniture, furnishings, pot plants - anything that can become a missile.

Storm shutters a must.

Fill bath tubs with water before leaving the house. Water can be used to flush toilet, boil and cook with on your return. Turn off water before leaving the park. Turn off hot water heater.

Turn off any circuit breakers you can. This will prevent damage to appliances, televisions etc., when power is restored.

**A hurricane may only take an hour to pass over us but the damage it leaves behind takes what seems like forever. It may be several days before you are able to return to your house. This is why it is so important to have the food and drink, medicines and the necessities with you.**