



Hurricane Action Plan and Tip Sheet

For Patients

Use this plan to stay safe in the event of a hurricane in your area. Share this plan with everyone in your home and with friends and family members. Review this information every year so that everyone is ready to act when a hurricane occurs.

Hurricanes are dangerous to your health

Hurricanes can cause drownings and injuries. After the storm, people may have problems getting medical care, or may suffer injuries during cleanup, carbon monoxide poisoning from using generators indoors, mental health impacts, and a variety of other health problems.

Before a hurricane

Know when a hurricane is expected to occur

The National Hurricane Center (<https://www.nhc.noaa.gov/>) provides detailed information about hurricanes, including forecast information.

You can also check for hurricane warnings on your phone weather app, on your computer (such as at weather.com), or your local news on the radio, television, or social media.

A hurricane watch means you should be prepared to take action. A hurricane warning means you should take action immediately.

HURRICANE WATCH

A hurricane watch is issued when a hurricane may affect where you live within the next 2 days.

HURRICANE WARNING

A hurricane warning is issued when a hurricane is expected where you live within the next day or day and a half.

To prepare for hurricanes I will check: _____

Sign up for emergency alerts which you can get to your cell phone or email

You can sign up for emergency alerts at NIXLE.

For general information on alerts: Emergency Alerts | Ready.gov

If you have a car or generator, make sure the fuel tank is full

Consider keeping your car out of the garage in case the door does not open when you need to evacuate.

Know your evacuation route and how you will evacuate (car, transit, etc.)

When evacuation orders are given, they will use your home's specific "evacuation zone" and have a route to follow.

You can find a link to your state's evacuation information at bit.ly/evac_zone. Click on your state in the list to find information about your evacuation zone.

Have an emergency "grab and go" kit and a "stay at home" kit ready.

This is a list of things to have ready in case of evacuating from a hurricane. Keep everything together, ideally in a single bag, so you can easily grab it to go. You should also prepare a "stay at home" kit if you need to shelter in place with supplies for a week. See [Building an Emergency Kit](#) for more information.

Keep copies of important documents ready and safe from flooding

This includes insurance policies, medication lists and birth certificates.

Plan for power outages

- Back up **medical equipment that needs electricity or batteries**.
- Have a backup cooler with ice for **medications that require refrigeration** and a thermometer to check the temperature inside the cooler.
- If you get water from a **well with an electric pump**, have a backup plan to have enough water to drink if the power goes out.
- If heat or air conditioning is not working, **consider going somewhere that heat or air conditioning is available**.
- See more information on [Plan for Power Outages](#).

Prepare your home for flooding

You can install sump pumps and backflow valves on drains and toilets to prevent floodwaters from entering.

Look into your local community emergency response team (CERT) and think about signing up to volunteer to prepare yourself and your community for emergencies

Even if you do not sign up, there may be resources to help in disasters

https://community.fema.gov/PreparednessCommunity/s/welcome-to-cert?language=en_US

During a hurricane

Have a plan for evacuation and know who you can contact for help

Pay attention to local media outlets for evacuation orders. Know how to get out of your house - where the exits are and what windows can be opened.

Identify an emergency contact for everyone in your household to call.

My emergency contact person is: _____

Their phone number is: _____

Identify a preferred and backup evacuation location that has power if you need it. If possible, these two locations should be in different directions from where you live.

My evacuation locations are:

1. _____

2. _____

If I need to evacuate, the vehicle/transport I will use is: _____

If I need help evacuating, I can call:

Name	Phone
_____	_____
_____	_____

Prepare your home before you leave to make your return safer

- Turn off **electricity, gas, and water** supply.

Hurricanes can cause flooding and extreme wind speeds, take steps to stay safe during the hurricane

- Keep your **emergency supply “grab and go”** or **“home disaster kit”** in a place you can easily access.
- Listen to the radio, TV, or internet for **updates** on the hurricane.
- **Stay inside.** Even if it looks calm, do not go outside as it may worsen again. Wait until you hear an official message that the hurricane is over.

- Stay away from windows during hurricanes with strong winds. You could get hurt by pieces of broken glass or flying debris. Stay in a room with no windows or go inside a closet.
- Watch out for flying debris that can be lifted by winds from a hurricane and cause injuries. Think about wearing a mask if air quality is poor from dust.

• **Do not walk, swim, or drive through floodwaters** from hurricanes.

After a hurricane

Know the risks to your health following hurricanes and how to minimize them

Hurricane cleanup is hard work. Pace yourself, take breaks, and drink plenty of water to reduce the likelihood of injury.

Avoid indoor fumes. Never burn fuels, run a generator, or operate a vehicle in a closed space. This can lead to deadly carbon monoxide poisoning.

Dust and debris can create unhealthy air. Check air quality and wear a mask to protect your lungs.

Have a backup plan if you need electricity for medical devices, medicine, or heating/cooling.

Flooding can cause mold growth, which can affect breathing and cause headaches. Wear an N95 mask when cleaning up and follow guidelines at [cdc.gov/mold](https://www.cdc.gov/mold) or [epa.gov/mold](https://www.epa.gov/mold).*

Beware of falling hazards. Damaged buildings, trees, and poles can be dangerous. Don't go inside damaged buildings until it's safe.

Stay away from damaged power lines or water near them. Avoid using electrical appliances when they're wet.

Turn around, don't drown. Standing water is dangerous. It can hide holes, downed power lines, and sharp objects. Never walk or drive through it.

Floodwater can make you sick. It often carries sewage, germs, and toxic chemicals. Mosquitoes that spread disease breed in it.

Protect yourself from contaminated water. After a storm, follow local authority guidance on whether to use bottled or boiled water. Boiling may not remove chemical contaminants.

*To manage mold in your home, see [cdc.gov/mold/pdfs/You_Can_Control_Mold.pdf](https://www.cdc.gov/mold/pdfs/You_Can_Control_Mold.pdf) or [epa.gov/mold/brief-guide-mold-moisture-and-your-home](https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home).

