



Hurricane Preparedness Checklist



<http://www.mcieast.marines.mil/StaffOffices/EmergencyManagement/MCBCampLejeune.aspx>

<http://readync.org/> and <http://www.ready.marines.mil/>

DISASTER. It strikes anytime, anywhere. It takes many forms -- a hurricane, an earthquake, a tornado, a flood, a fire or a hazardous spill, some are natural, some are man-made. It builds over days or weeks, or hits suddenly, without warning. Every year, millions of Americans face disaster, and its terrifying consequences.

The time to prepare is now. Hurricane season is here. Are you ready? North Carolina Ready NC aims to educate people about the hazards of hurricanes, tropical storms, high winds, storm surge and flooding. ReadyNC reminds residents to:

- Get a kit
- Make a plan
- Stay informed

Preventing the loss of life and minimizing the damage to property from hurricanes are responsibilities that are shared by everyone. Any time you are asked to evacuate, you should do so without delay. It is important for you and your family to have a plan that makes you as safe as possible. Preparedness includes having the supplies on hand to weather any storm. Finally, stay informed.

Before the Storm

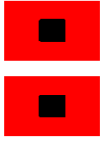
General Preparedness through the Season

- Keep your vehicle gas tank above ½ full through the season.
- Test run generators monthly with a load to insure proper working order.
- Consider the purchase of flood insurance, even if outside of a floodplain.
- Have cash on hand in small denominations for year-round preparedness.
- Maintain portable battery powered AM radio.
- Contact 2-1-1 to register if you need transportation assistance to evacuate.



Home Preparedness

- Board up your windows or close storm shutters.
- Trim the trees and shrubs around your home.
- Cleared loose and clogged downspouts and rain gutters.
- Perform a inventory of home contents (electronics, jewelry, appliances, clothing, etc.) and store in safe place.
- Take detailed photos(s)/videos(s) of home property and contents (internal and external) and store in safe place.
- Secure or remove all items outside your home (grill, hanging plants, potted plants, etc.).
- Tie down small or young trees to prevent uprooting.
- Store all important documents (insurance papers, etc) in a waterproof container and in a secure location.
- Prepare your evacuation kit using the pertinent items in the attached *Emergency Essentials Kit* checklist.
- Turn off propane tanks.
- Fill the bathtub and other large containers with water for sanitary purposes (cleaning, flushing toilets, etc.)



Hurricane Preparedness Checklist

If you Plan to Evacuate

- What is your zip code? _____
- Are you located in an evacuation area in the evacuation map?
- Where are you evacuating to? _____
- Who is your contact at your destination? _____
- What is their contact information? _____
- What is your backup evacuation location? _____
- Take a copy of all important documents and store in a waterproof container and in a secure location.
- Top off your vehicle gas tank before hitting the road.

If you Plan to Stay

- Listen to the radio (AM 1400 WAVQ) or TV for information.
- If you have gas items you need to operate after the storm (generator, chainsaw, etc); fill gas storage container(s).
- Prepare your hurricane kit using the attached *Emergency Essentials Kit* checklist.

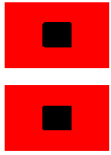
During the Storm

- Listen to the radio (AM 1400 WAVQ) or TV for information.
- Turn the refrigerator and freezer to its coldest setting and keep its doors closed.
- Avoid using the phone except for emergencies.
- Stay indoors during the storm and away from windows and glass doors.
- Close all interior doors.
- Keep curtains and blinds closed.
- Take refuge in a small interior room, closet, or hallway on the lowest level of your home.

After the Storm

If you are Returning from Evacuation

- Return only after the all clear is given for your area.
- Do not venture on to roads until you have been advised they are passable and safe.
- Carefully inspect your home and perform an exterior assessment for safety issues.
- Be on the lookout for downed power lines and avoid if identified.
- If any safety issues are present, do not enter your home (gas smell, flood waters, fire damage, etc.).
- If any safety issues are present, have your home inspected by a qualified building inspector or engineer.



Hurricane Preparedness Checklist

Watch for and avoid loose animals and poisonous snakes.

Avoid carbon monoxide poisoning hazards; **DO NOT** run generators, grills, or other gas operated appliances indoors.

Damage Assessment

Have a fire extinguisher readily available in the case of a fire.

Watch for safety hazards (loose boards, slippery floors, broken glass, etc.)

Carefully check for damage to the roof, foundation, and chimney. If the building looks unstable do not enter.

Use a stick or other tool to sift through debris.

Open cabinets cautiously. Beware of objects that can fall off shelves.

If you smell natural gas, leave the structure and contact your local gas utility company.

Use a battery powered flashlight to inspect the structure. Do not use oil or gas lanterns or candles inside the structure.

If structural damage is present, turn off utilities.

Do not use electrical appliances that have been wet/damaged until checked by a professional.

Check with local authorities or have well water tested before using any water (could be contaminated).

Until cleared with authorities or tested, all water should be boiled for 1 minute at a rolling boil to disinfect before drinking.

Avoid using any toilets until you have checked for sewage or water line damage. If you suspect damage call a plumber.

Service damaged sewage systems as soon as possible as they present serious health hazards (septic tanks, pits, etc.)

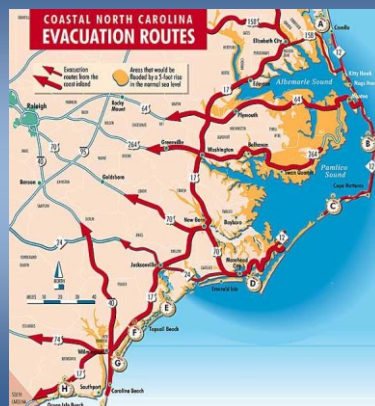
Check your smoke and carbon monoxide detectors to ensure they are functioning properly.

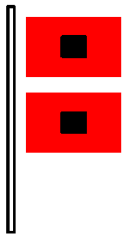
If any damage is identified to your home, contact your insurance company to start a claim.

Photograph and document any damage.

Throw away any spoiled food items or those that have come in contact with flood waters. ***When in doubt throw it out!***

Hurricane Evacuation Map





Emergency Essentials Kit

Print a copy of this emergency essentials list and take it with you to the store.

Food

- 7-day supply of non-perishable food that doesn't need cooking
- Hand-operated can opener
- Plastic plates, cups, utensils

Water

- 1gallon of drinking water per person per day, enough for 5 days

First Aid

- Red Cross approved first aid kit
- Backup prescriptions for essential medications

Personal Hygiene

- Hand sanitizer or disinfectant wipes
- Toilet paper, paper towels, garbage bags
- Dental care, vision products, medications
- Travel-size soaps and other beauty supplies
- Change of clothes, pair of shoes and blanket per person

Clean Air Items

- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting
- Duct tape

Baby Items

- Formula, bottles, powdered milk
- Diapers, Baby wipes
- Any medications
- Diaper rash ointment

Lighting

- Flashlights for each family member with extra batteries
- Fluorescent lanterns for each common area
- Waterproof matches or a utility lighter

Communication

- Portable, battery-powered AM/FM radio
- NOAA All Hazards Alert Radio
- Land-line phone with long cord
- Extra batteries for flashlights, lanterns, radio
- Extra cell phone battery or car charger
- Whistle

Family Safety Items

- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non-scented bleach for sanitization
- Sunscreen
- Insect repellent
- Shovel and basic tools

Transportation Items

- State and regional road maps
- Basic repair items (tools, tire patch kit, engine oil)
- Emergency Road Safety Triangles
- Games, books, puzzles

Pet Needs

- 7-day supply of non-perishable pet food and water
- Cage or pet carrier and leash
- Pet medications and pet first-aid kit
- Current photo in case you are separated
- Cat litter and box
- Pet bed and toys

**When disaster strikes the same rules that apply to people
apply to pets!**

To-Do List for Protecting Your Pets in a Disaster or Emergency

Start getting ready now and ID your pet by microchip and animal ID tag

Put together your disaster kit

Find a safe place to stay ahead of time



Some communities have groups that have solely focused on providing emergency sheltering for pets, and other communities simply don't have the resources. That's why you should never assume that you will be allowed to bring your pet to an emergency shelter.

Before disaster hits call your local office of emergency management to see if you will be allowed to evacuate with your pets and that there will be shelters that take people and their pets in your area. And just to be safe, track down a pet-friendly safe place for your family and pets.

Find a pet-friendly hotel or motel:

Contact hotels and motels outside your immediate area to find out if they accept pets. Ask about any restrictions on number, size, and species. Inquire if the "no pet" policies would be waived in an emergency. Keep a list of animal-friendly places handy, and call ahead for a reservation as soon as you think you might have to leave your home. Here's an online resource for pet-friendly hotels:

Bringfido.com
Dogfriendly.com
Doginmysuitcase.com
Pet-friendly-hotels.net
Pets-allowed-hotels.com
Petswelcome.com
Tripswithpets.com



Make arrangements with friends or relatives. Ask people outside the immediate area if they would be able to shelter you and your pets—or just your pets—if necessary. If you have more than one pet, you may need to arrange to house them at separate locations.

Consider a kennel or veterinarian's office. Make a list of boarding facilities and veterinary offices that might be able to shelter animals in disaster emergencies (include their 24-hour telephone numbers).

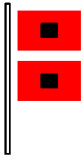
As a last resort, ask your local animal shelter. Some shelters may be able to provide foster care or shelter for pets in an emergency. But shelters have limited resources and are likely to be stretched to their limits during an emergency.

There are NO pet shelters on base – Jacksonville Commons Middle School is the ONLY pet friendly shelter in Onslow County so please plan accordingly

My basic Pet Disaster Kit includes:

- **Food and water for at least five days** for each pet, bowls and a manual can opener if you are packing canned pet food. People need at least one gallon of water per person per day. While your pet may not need that much, keep an extra gallon on hand if your pet has been exposed to chemicals or flood waters and needs to be rinsed
- **Medications and medical records** stored in a waterproof container and a first aid kit. A pet first aid book is also a good idea
- **Cat litter box, litter, litter scoop, garbage bags** to collect all pets' waste
- **Sturdy leashes, harnesses, and carriers** to transport pets safely and to ensure that your pets can't escape. Carriers should be large enough to allow your pet to stand comfortably, turn around, and lie down. (Your pet may have to stay in the carrier for hours at a time.) Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets—who may also need blankets or towels for bedding and warmth as well as special items, depending on their species
- **Current photos of you with your pets and descriptions of your pets** to help others identify them in case you and your pets become separated—and to prove that they are yours once you're reunited
- **Pet beds and toys**, if you can easily take them, to reduce stress
- **Written information about your pets' feeding schedules, medical conditions, and behavior issues along with the name and number of your veterinarian** in case you have to board your pets or place them in foster care
- **Other useful items include:**
 - **Newspaper**
 - **Paper towels**
 - **Plastic Trash Bags**
 - **Grooming Items**
 - **Household Bleach**





Before a Hurricane



To prepare for a hurricane, you should take the following measures:

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Know your surroundings.
- Learn the elevation level of your property and whether the land is flood-prone. This will help you know how your property will be affected when storm surge or tidal flooding are forecasted.
- Identify levees and dams in your area and determine whether they pose a hazard to you.
- Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate.
- Make plans to secure your property:
 - Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8" exterior grade or marine plywood, cut to fit and ready to install. Another year-round option would be installation of laminated glass with impact-resistant glazing. Tape does not prevent windows from breaking.
 - Install straps or additional clips to securely fasten your roof to the frame structure. This will reduce roof damage.
 - Be sure trees and shrubs around your home are well trimmed so they are more wind resistant.
 - Clear loose and clogged rain gutters and downspouts.
 - Reinforce your garage doors; if wind enters a garage it can cause dangerous and expensive structural damage.
 - Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.
 - Determine how and where to secure your boat or other outdoor use vehicles.
 - Install a generator for emergencies.
 - If in a high-rise building, when high winds are present, be prepared to take shelter on a lower floor because wind conditions increase with height, and in a small interior room without windows. When flooding may be occurring, be prepared to take shelter on a floor safely above the flooding and wave effects.
 - Consider building a safe room.

Hurricanes cause heavy rains that can cause extensive flood damage in coastal and inland areas. Everyone is at risk and should consider flood insurance protection. Flood insurance is the only way to financially protect your property or business from flood damage. To learn more about your flooding risk and how to protect yourself and your business, visit the Federal Insurance and Mitigation Administration (NFIP) Web site, <http://www.floodsmart.gov> or call 1-800-427-2419.



Family Hurricane Planning Checklist: Things to Do

Throughout the year:

- Reassess and update homeowner's or renter's insurance annually
- Assess need for and complete major preparedness projects such as hurricane shutters, a generator, roof repairs, etc.
- Put away emergency cash
- Accumulate a spare two week supply of usual prescription medications for all family members
- Update vaccinations for all pets in case of need for kenneling or evacuation
- Watch for bargains on hurricane supplies and equipment
- Learn about disaster plans at family members' schools and workplaces

At the start of hurricane season:

- Review family disaster plan with family members. Update as needed.
- Evaluate evacuation routes, closest shelters, triggers for evacuation
- Register with shelters if pre-registration program is available. Include considerations for pet-friendly shelters.
- Designate long-distance emergency phone contact
- Review school and workplace disaster plans
- Gather copies of important documents and originals if necessary. Keep documents together in a portable format (paper or electronic).
 - Mortgage, leases
 - Insurance policies (home, medical, vehicle, life)
 - Account numbers (credit cards, bank accounts, utilities, etc)
 - Identification documents (birth certificates, passports, etc)
 - Emergency contact information
 - Important medical records, including doctors' phone numbers
 - Copies of medication lists and prescriptions, including glasses, contact lenses, etc.
 - Recent photos of all family members
 - Photo inventory of home and most important belongings
 - Phone numbers, websites of commonly used repair/maintenance services
 - Blank checks, envelopes, stamps
 - Serial numbers of important equipment, including medical equipment
- Keep emergency cash reserve with important papers
- Complete needed home and vehicle repairs
- Have trees trimmed and clean up the yard

- Inventory, rotate and stock non-medical hurricane supplies
- Inventory, stock, and repair emergency and back-up medical supplies and durable equipment. Assure the availability of prescription medications.
- Perform generator maintenance as specified in owner's manual
- Back-up computer hard drives
- Identify storm information resources (websites, preferred television stations, local emergency management contacts)

When an active storm threatens:

- Review plan with all family members. Inform extended family (especially your long-distance contact) and others of your family's immediate plans.
- If evacuating, do so as early as possible. Consider making hotel reservations outside the threat area if you can't stay with outside family/friends.
- If evacuating, turn off water and gas mains
- Move emergency equipment and basic supplies to home "safe space".
- Gas up all vehicles. Safely store limited quantities of fuel for generator.
- Fill LP gas tanks for grills or generators as needed
- Top off emergency supplies if necessary
- Charge all rechargeable batteries (cell, cameras, etc)
- Assure that important documents (see above) and cash reserve are stored safely (consider a portable fire safe). Take documents and cash with you if you evacuate.
- Deal with pets as per your disaster plan
- Refill prescriptions if possible
- Secure protective measures such as storm shutters. Secure garbage and loose objects in yard, on balconies, etc.
- Test all battery-powered equipment
- Turn refrigerators and freezers to coldest settings
- Freeze drinking water in clean partially-filled milk/juice/soda jugs and bottles
- Sanitize bathtubs/sinks with bleach. Seal drains and fill with water if there's any question about water supply after a major storm.
- Catch up on laundry
- Unplug major electrical appliances, including computers
- If riding out a storm, make sure all family members are adequately clothed (with shoes!) in case of the need to leave the home emergently during the storm. All family members should have some form of ID.

After the storm:

- Assess immediate surroundings for safety hazards. Leave the area if possible if there are serious safety issues.
- Be alert for newly evolving hazards such as flooding
- Access the media for situation reports
- Document damage as soon as it's safely possible to do so
- Make critical emergency repairs as soon as it's safely possible
- Be aware that most injuries occur after a storm passes. Supervise children at all times and do not allow them to get into hazardous situations during the assessment and recovery phases.
- Be *very* cautious if using a generator.
- Use open flames only for cooking, never for lighting. An adult must always be present when open flames are being used. Keep a fire extinguisher at hand.
- Keep all chemicals and fuels out of reach of children. Use clearly marked containers.
- Communicate with family and friends when possible but do not make unnecessary calls that may burden an overwhelmed communication system
- Observe family members (including children) for signs of stress. Encourage them to express their feelings. Answer children's questions as honestly as possible.
- Maintain family routines whenever possible
- Replace used disaster supplies as soon as it's practical
- Safely and properly dispose of any waste chemicals such as generator oil, gas, kerosene, etc.
- Evaluate and revise your disaster plan as needed. Share what you've learned!



START GATHERING THESE ITEMS TODAY FOR YOUR HURRICANE SURVIVAL KIT



FOOD AND WATER:

***Stock a 5 to 7 day supply for each family member including pets. Store your items in sealed, unbreakable containers. Identify the expiration date and replace every six months.

- Bottled water (1 gal per person/ per day) Don't forget water for animals, too
- You will need additional water for cleanup – fill your sink, tub and washing machine ahead of time for use in flushing toilets and small clean up jobs
- Water purification tablets (order over the Internet at www.quakekare.com)
- Non-perishable foods
- High-energy packaged foods (peanut butter, crackers, nuts, raisins & dried fruits, snacks, cookies, etc.)
- Shelf-packaged juices (cans or cartons)
- Canned, prepared meats with lift off top if possible
- Canned, prepared foods with lift off top if possible
- Baby food/formula
- Pet food (Note: Most shelters do not allow pets)
- Powdered or canned evaporated milk
- Special dietary needs
- Toilet paper & moist towelettes
- Sponges & paper towels
- Soap, shampoo, other misc.
- Toiletries (toothbrushes, toothpaste, deodorant)
- Baby Diapers and wet wipes

GEAR:

- At least one change of clothing for each person
- Rain gear (ponchos, umbrellas, rubber boots, rubber gloves, etc.)
- Blankets, sleeping bags, pillows
- Flashlights (1 per person w/1 extra package of batteries each)
- Battery-powered radio, with extra batteries
- Alarm clock (wind-up or battery operated)
- Portable cooler/ice chest
- Bleach (pure, unscented liquid) for purification and sanitation use

- Can opener (hand-operated) & utility knife
- Pots, pans and cooking spoons
- Disposable plates, cups, utensils
- Sterno cans
- Butane lighters & waterproof matches (in plastic bags)
- Portable barbeque grill or camp stove
- Charcoal and lighter fluid or stove fuel
- Pet carriers, bowls, leashes, chain and stake
- Plastic grocery bags (as many as you can save-you'll use them for everything)
- 30 gallon plastic yard bags and several tarps (9' x 12')

IMPORTANT DOCUMENTS:

LET SOMEONE OUTSIDE THE AREA KNOW WHERE YOU ARE

- Driver's license (for each person or photo ID)
- Important phone numbers (updated address book)
- Home video tape or photos of household items for insurance
- Extra set of car keys
- List of important family information (i.e., serial numbers of medical devices such as pacemakers, etc.)
- Pet vaccination records and any prescriptions

HEALTH NEEDS:

- Medical paperwork, including insurance cards a copy of prescriptions and a list of allergies.
- Prescription medicine (2-week supply)
- Doctor and pharmacy contact information
- Eppie Pens for those who suffer allergic reactions to bee stings, food allergies, etc.
- Pain relief and anti-diarrhea medications.
- Vitamins
- First Aid Kit
- Sun screen
- Insect repellent
- Feminine hygiene products and birth control

FOR MORE INFORMATION GO TO <http://www.ready.marines.mil/>