



# Hurricane Hints

Brown Bottling Group

## What to Do to Prepare For a Hurricane

With forecasters predicting Gustav will strengthen into a powerful hurricane in the Gulf of Mexico, here are some suggestions for preparing for the storm's arrival:

- Gas-up your car-keep your tank full
- Get cash from your bank
- Assess the outside of your home and secure gutters, lawn furniture, and anything that might be susceptible to high winds
- Remove or secure low-hanging tree limbs
- Gather as many non-perishable food products, baby items, anything that you would need if the power were out for several days
- Have your weather radio ready, with extra batteries to keep it powered
- Charge your cell phone and keep extra battery on hand
- Put bags of ice in freezer
- Items to keep on hand: Water-at least 1 gallon daily per person for 3-7 days, food-at least for 3-7 days, non-electric can opener, cooking tools, fuel, paper plates, plastic utensils, blankets/pillows, first-aid kit, tools-keep a set with you during the storm
- Pet care items-proper identification, food
- Prescriptions-Get all your prescriptions filled
- Sanitation supplies
- Keep important family documents in a water-proof container
- Turn your refrigerator or freezer to the coldest setting-open only when absolutely necessary and close quickly. Freeze as much water as you can
- Charcoal-keep plenty on hand-fill propane tanks for grill
- Keep flashlights and batteries on hand

## Family Disaster Plan

Families can—and do—cope with disaster by preparing in advance and working together as a team. Meet with your family and discuss why you need to prepare for disaster. Explain the

dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together.

Pick two places to meet in the event of an evacuation.

Discuss what to do in an evacuation. Plan how to care for your pets.

Make sure all family members know their address and contact phone numbers



Utilities: Locate the main electric fuse box, water service main and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members also. Keep necessary tools near gas and water shut-off valves. Remember-turn off utilities only if you suspect the lines are damaged or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.

## Staying Calm in an Emergency

The most important role a parent can play in an emergency situation is to stay calm. Children of all ages can easily pick up on their parents' fears and anxieties. In a disaster, they'll look to you for help and for clues on how to act. If you react with alarm, a child may become more scared. If you

seem overcome with a sense of loss, a child may feel their losses more strongly.

However, you should be honest with your children and explain what's going on. Just be sure to base the amount of information and level of detail on what's appropriate for their age

level.

Discuss your disaster plan with your children and make getting these supplies fun. You could have a family "Scavenger Hunt" and have family members see how many of these items they can find in your home. Most important teach children how to call for help.

## Picking up The Pieces After a Disaster

Your own and your family's emotional care and recovery are just as important as rebuilding a home and healing physical injuries. Disasters are upsetting experiences for everyone involved. Here are some basic steps you can take to meet physical and emo-

tional needs-

- Try to return to as many of your routines as possible
- Limit your exposure to the sights and sounds of the disaster such as television
- Focus on the positive
- Reach out for help from others
- Do something you and your family enjoy.
- Stay connected with family and other support systems
- Realize that, sometimes recovery can take time
- If you had to leave your home, return only when it is safe conditions

## Checking Your Home After a Disaster

Once you have returned to your home under safe conditions, you will want to make sure your residence is safe to enter. Look for loose power lines, broken or damaged gas lines, or foundation damage. If you see damage outside, it could

indicate that the inside of your home is seriously damaged and unsafe. In this situation, you may want a building inspector to check the structure. You should always sniff for gas. If you detect the odor of natural or propane gas or hear a

hissing noise, leave the property immediately and get well away from it. Call the fire department using a cell phone. They will provide instructions on your next step to take. If you have a propane tank, turn off all valves immediately.