

Hurricane Preparedness Information

Make a Kit

Recommended Items to Include in a Basic Emergency Supply Kit:

- [Water](#), one gallon of water per person per day for at least three days, for drinking and sanitation (fill bathtubs, pools, buckets, bottles, etc.)
- [Food](#), at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries per person
- [First aid kit](#), list of allergies, epi-pen, latex or nitrile gloves
- Whistle to signal for help
- [Dust mask](#), to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications (weeks supply) and glasses or contact lenses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the [Emergency Financial First Aid Kit \(EFFAK\)](#) to help you organize your information.
- Emergency reference material such as a first aid book
- Sleeping bag or warm blanket and pillow for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Sanitation Supplies (toilet paper, soap, garbage bags, bucket, etc)
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children
- Special items for infants, elderly, or disabled family members

[Find out how to keep food safe during and after an emergency by visiting FoodSafety.gov.](#)

Make a Plan

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

Family Emergency Plan

- Talk to Emergency officials or Locals about history of local hazards to prepare for.
- Identify an **out-of town contact**. It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members.
- Be sure every member of your family **knows the phone number** and has a cell phone, **coins**, or a **prepaid phone card** to call the emergency contact. If you have a cell phone, program that person(s) as "ICE" (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Teach family members how to use text messaging. Text messages can often get around network disruptions when a phone call might not be able to get through.
- Subscribe to **alert services**. Many communities now have systems that will send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc.
- Determine where to meet if separated (work, school, etc.)
- Plan for pets
- Insurance Coverage – (Are you in a flood zone? Do you have proper coverage?)
- Utilities (know how to cut off water, gas, electricity)
- Plan for mobility impaired (cane, walker, wheelchair)
- Plan for electrically dependent family members
- Plan for medically dependent family members

Disaster – What to expect

- Businesses and schools will be closed
- Healthcare resources overwhelmed
- Water, food, medicine may be contaminated
- Significant damage, loss of life
- Media coverage = public fear
- Travel restrictions
- Clean-up may take months
- Evacuate or Shelter in place?

What do I do?

- Follow your family plan
- Call out of town family members to let them know your status
- Listen to Radio or TV for info
- Be prepared to evacuate home if local authorities advise/instruct you to
- Check for fires, electrical or household hazards
- Check on your neighbors
- Avoid driving except to evacuate
- Stay informed. Learn what to do for Man-made or Natural Disasters

Planning to Stay or Go

Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay where you are or evacuate. You should understand and plan for both possibilities. Use common sense and available information to determine if there is an immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for information or official instruction as it becomes available. [Further information on staying put or sheltering in place](#). Plan for your pets. Shelters require all pets to be kept in a pet carrier and on a leash at all times.

Evacuation Routes

[Hampton Roads Evacuation Route](#)

Local Shelter Locations

<u>Location</u>	<u>Address</u>	<u>Additional info</u>	<u>Capacity</u>
• Kings Fork High School – 351 Kings Fork Road		Electrically dependant	1000 people
• Nansemond River High – 3301 Nansemond Pkwy		No A/C, Pet Friendly	500 people
• Lakeland High School – 214 Kenyon Road		No A/C, General Pop.	500 people
• 11 additional facilities to be opened as needed			

Emergency Alert System

- NOAA Weather Radio – All Hazard radio with S.A.M.E. code feature (code 5100 – Suffolk)
- Reverse 911 – Landlines only, no unlisted phone numbers will be called
- Weather Channel has free subscription notification
- WTKR - \$6.00 yr for Tornado, Severe Thunderstorm subscription notification
- Daily Press, channels 10 & 13, VA Pilot have subscription alerts you can subscribe to.

What to do if you Lose Electricity

- Call Power Company
- Use Flashlight...NOT candles or Kerosene Lanterns
- Have a Traditional, non-cordless telephone available
- Turn off all major appliances
- Keep fridge and freezer doors closed
- Keep portable generators OUTSIDE
- In cold weather drain all water lines

What to do now that the Disaster is over?

- Be alert for wild animals in or around your home
- Contact insurance company (Have pictures from Before and After to prove loss)
- If declared a Federal disaster area – You may be eligible for assistance (only if declared)
- Be alert for scams – if you suspect a someone is trying to scam you call:
 - ◆ Suffolk Police – 911
 - ◆ Attorney General – 804-786-9516
 - ◆ Consumer Affairs – 800-552-9963
 - ◆ Federal Trade Commission – 877-382-4357

Websites to obtain information:

www.suffolk.va.us/em

www.vaemergency.com

www.readyVirginia.gov

www.easyaccess.virginia.gov