

HURRICANE PREP CHECKLIST

Compiled from CDC Guidelines

<https://www.cdc.gov/epilepsy/emergency/index.htm>



PREPARING PEOPLE WITH EPILEPSY

www.cdc.gov/epilepsy/emergency/index.htm

Keep yourself safe and teach others how to help you. Think about what you can do now to be ready:

- **Keep your medications with you.**
 - Taking your medications on time can help prevent seizures. When you leave your house, carry a 3-day supply of your medications in a safe and waterproof location. This way, if you are stranded from your home you will not have to miss a dose.
- **Have a medical alert bracelet or other identification with you.**
 - In case you have a seizure while in an emergency shelter, first responders will know how to better assist you during your seizure.
- **Identify a family member, neighbor or friend to help you during an emergency.**
 - Talk with people now (such as your family, neighbors, co-workers, school personnel, and friends) about what to do if you have a seizure.
 - Teach people how to help you in case you have a seizure.
 - Keep a list of important phone numbers handy, including your health care provider and pharmacy.
- **If possible, know what triggers your seizures.**
 - For some people with epilepsy, seizures can be triggered by flashing lights, sounds, lack of sleep, stress, or other triggers. Talk with your health care provider about what triggers your seizures and how you might avoid them during a crisis. You can learn more about triggers and managing your epilepsy through WebEaseExternal, a free online program.



BASIC DISASTER SUPPLY KIT

www.ready.gov/kit

Assemble your kit, store items in airtight plastic bags & put your entire disaster supplies kit in 1 or 2 easy-to-carry containers such as plastic bins or a duffel bag.

Include the following recommended items:

- Water (1 gallon per person per day for at least 3 days, for drinking & sanitation)
- Food (at least a 3-day supply of non-perishable food)
- Battery-powered or hand crank radio & a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting & duct tape (to shelter in place)
- Moist towelettes, garbage bags & plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers & a backup battery

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CREATE A PLAN WITH FAMILY & FRIENDS

www.ready.gov/plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan? What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?
- Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.
 - Get cloth face coverings (for everyone over 2 years old), disinfectants, and check my sheltering plan.

Step 2: Consider specific needs in your household. As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance.

Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill out a Family Emergency Plan. Download and fill out a family emergency plan or use it as a guide to create your own.

- [Emergency Plan for Parents \(PDF\)](#)

Step 4: Practice your plan with your family/household



KEEP UP WITH LOCAL ALERTS

www.ready.gov/alerts

When emergencies strike, public safety officials use timely and reliable systems to alert you.

- **Wireless Emergency Alerts (WEAs)** are just one of the ways public safety officials can quickly and effectively alert the public to serious emergencies. They are sent through the Integrated Public Alert and Warning System (IPAWS), which integrates the nation's alert and warning systems, technologies and infrastructure.
- **The Emergency Alert System (EAS)** is a national public warning system that allows the president to address the American people within 10 minutes during a national emergency. The alerts are sent through broadcasters, satellite digital audio services, direct broadcast satellite providers, cable television systems and wireless cable systems.
- **NOAA Weather Radio All Hazards (NWR)** is a nationwide network of radio stations that broadcast continuous weather information from the nearest National Weather Service office.