



MEMBER BULLETIN

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Hurricane Preparedness

Hurricane Season will be upon us soon. You can never be too prepared when it comes to hurricane season, especially in Florida. The following are suggestions so you can plan ahead and keep yourself and your family members safe!

- Hurricane Supplies: Several clean containers for water, large enough for a 3-5 day supply- about 5 gallons for each person and a 3-5 day supply of non-perishable food such as canned goods along with a manual can opener. A first Aid Kit, battery-operated radio, flashlights and extra batteries, candles, sleeping bags or extra blankets to keep you warm.
- Gather all important papers including homeowner's, health insurance and special photos and keep secure in water proof box or plastic covering. Keeping an inventory or video of property in case you need to file a claim is a good idea.
- If you live in an evacuation zone, be ready with warm clothes and personal items like soap, tooth brush and any prescription or over the counter meds you use regularly. (At hurricane watch, contact your pharmacist for extra med you may need)
- Since the power will be out, ATMs will not work- have some cash in hand as well as a full tank of gas.
- Protect your property with either plywood shutters or professional hurricane shutters. Tie down all items left outside or bring them indoors to avoid flying objects breaking windows.
- Babies require special attention such as plenty of baby food, formula and diapers.
- Special needs/ or disabled persons require special attention such as battery operated equipment, notify FPL if you or a child are in special needs, and if the power goes out, contact the nearest hospital or Red Cross.
- Keep pets indoors and safe. If you need to evacuate find a pet-friendly hotel or dog boarding kennel.
- An emergency kit for the car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags.
- **Stay inside!** However tempting it may be to videotape or take photos of the storm, the winds and flying debris can be very dangerous.

FLORIDA HEALTH SOLUTION
WANTS YOUR FAMILY TO BE SAFE!!!



