

## Hurricane Preparation Safety Precautions

### Family Preparation Safety

When preparing for a hurricane it is easy to get distracted and forget the safety precautions you would normally practice.

#### Remember:

- Gasoline for generators should be stored out of reach of children.
- Coolers brought out in preparation of cooling food in the event of a power outage can be suffocation hazards.
- Filled bath tubs, often recommended by authorities for water usage after the storm, can be a drowning accident waiting to happen.
- Candles should always be extinguished when you leave the room, kept out of reach of children as should the matches and lighters.
- It is important to remember that emergency services are not always available during a storm and could be limited after the storm. Use common sense and don't let your safety efforts slip when preparing for a hurricane.



Healthy Start Community Action Network

323 E. Airport Avenue  
Baton Rouge, LA 70806  
225-201-8888  
[www.familyroadgbr.org](http://www.familyroadgbr.org)

## Helpful Numbers & Websites



American Red Cross  
Disaster Services  
1-866-438-4636

United Way 211  
or 1-877-923-2114

LA Department of Health  
Emergency Operations  
Behavioral Health Desk  
225-342-9500

FEMA - 1-800-621-3362

Food Stamp/DCFS Helpline  
1-888-524-3578

WIC – 1-800-251-2229

### Important Websites

[www.ldh.la.gov](http://www.ldh.la.gov)

[www.Disasterhelp.gov](http://www.Disasterhelp.gov)

[www.Fema.gov](http://www.Fema.gov)

[www.redcross.org](http://www.redcross.org)

[www.CDC.gov](http://www.CDC.gov)

[www.RedStickReady.com](http://www.RedStickReady.com)

## Preparing for Hurricane Season: Information for Families with Young Children



# Preparing for Hurricane Season

## What Your Family Should Do to Prepare

- Listen to Weather updates on the Radio and local television stations.
- Stock your Disaster Supply Kit.
- Bring in any items that can be picked up by the wind (bicycles, lawn furniture & toys).
- Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so food will last longer once the power goes out.
- Fill your car's gas tank.
- Fill containers that seal with extra water for cleaning
- Talk with your family and make a plan if you would have to evacuate (friends or family you could stay with or if you would need to plan to stay in a hotel or shelter).
- Have a Battery operated Radio with extra batteries
- Have some Cash - Keep some small bills on hand as ATM's and Banks may not be open.
- Make a visual (take pictures) and written list of all of your valuables.
- Evacuate if advised by authorities.
- Know how to turn off the main switches for gas, water and electricity.

## Disaster Supply Kit for Infants & Children

### Infants & Young Children (Pack enough for 5 to 7 days)

Formula (powdered)  
Water to prepare formula  
Small jars of baby food  
Snack foods (fruit, dry cereal, & crackers)  
Diapers, Bottles, Clothes, & Wipes  
Toys, Books or other items they enjoy  
Medications or required medical equipment  
Non—electric can opener  
Paper plates and plastic spoons and forks

### Important Documents to Prepare

**Place all of your important documents (Birth Certificates, Social Security cards, medical card and records, immunization record, Picture Id, Pediatrician/Specialist name address and contact information, bank information & insurance papers) in a waterproof container or water tight plastic Ziploc bags.**

## HURRICANE PRECAUTIONS FOR PREGNANT WOMEN



If in advanced stage of pregnancy, that is 7-9 months, there are specific precautions to be taken.

1. Be sure to have necessities for the birth of your baby and yourself packed in a water-proof bag.
2. Visit the doctor before hurricane strikes to ensure that baby and self are well.
3. Pack medical insurance card and baby's things together.
4. Keep extra supply of any special medication needed.
5. If you live far from the hospital where you will deliver, try and arrange to stay with a friend or relative who lives closer.
6. If your house does not offer adequate protection, leave for a safer option or shelter.
7. If you live alone get a friend or relative to stay with you or move to one of their homes before the hurricane begins.
8. If you live in a flood prone area or one likely to be affected by storm surge, plan to move to a safer area.