

HURRICANE PREPAREDNESS CHECKLIST

BROUGHT TO YOU BY:



SPECIAL PULL OUT!



BE PREPARED BY KNOWING THE FACTS

Hurricane season begins on June 1, so to help you get prepared, Swoon put together a list that will help you plan ahead so you can avoid the chaos when a hurricane is detected near you.

Everyone needs to be prepared for the unexpected. Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electricity or phone services are shut off?

One of the most important thing to prepare for a hurricane is to make sure you and your family have everything you would need in an emergency. Here's a few things you might want to protect and prepare your family for disaster. By just following these simple steps, you, your family, and your home can be safer during the storm.

BEFORE A HURRICANE STRIKES:

- Know your local hurricane evacuation route(s), as well as shelters
- Make sure your vehicles are in good working condition and able to make the potentially several hundred-mile trip.
- Put together a "go bag" for each member of your family, including pets, that includes clothes, toiletries, medicines and anything else needed to survive comfortably away from home for several days.
- Take pictures of your property, inside and out. This will come in handy if/when talking to insurance companies about storm damage.
- Bring outdoor objects that could be thrown by strong winds inside.



- Police, Firefighters, or ambulance: **911 or 713-884-3131**
- City of Houston: (emergencies) **311 or 713-837-0311**
- FEMA: (*Federal Emergency Management Agency*) **1 800-525-0321**
- Harris County: **713-755-5000**
- Houston American Red Cross: **713-526-8300 or 866-526-8300**
- Flood Control: **713-684-4000**
- Houston TranStar: **713-881-3244**
- Houston Emergency Management: **713-884-4500**

✓ FOOD ITEMS TO HAVE ON HAND:

During a Hurricane, be prepared for the electricity shortages, make sure you have plenty of food supplies on hand like:

- Canned meats such as tuna, salmon, chicken, or turkey
- Canned vegetables, such as green beans, carrots, and peas
- Canned goods including soups and chili

Other food options include:

- Dry Cereal
- Nuts and trail mixes
- Breads
- Rice and Pasta
- Powdered milk
- Granola bars & power bars
- Peanut Butter
- Crackers
- Oats
- Ramen noodles

The last thing to get just before the storm:

Unrefrigerated fresh fruits & berries.

✓ OTHER ITEMS YOU WILL NEED:

- Plastic utensils
- Manual can opener
- Aluminum foil
- Extra cash
- Rain gear
- Cleaning items
- Duct tape
- Rope
- Portable chargers
- Maps of the area
- Extra batteries
- Flashlights and candles

Store water bottles in case water becomes polluted or unavailable.



HELPFUL FOOD SAFETY TIP:

How do you know what is and isn't safe to eat from the refrigerator if the electricity goes out:

If your food has spent more than four hours over 40° Fahrenheit, don't eat it. As long as frozen foods have ice crystals or are cool to the touch, they're still safe. Once food gets to be room temperature, bacteria forms pretty quickly, and you want to be very careful about what you're eating. Keep the doors closed on your refrigerator and freezer to slow down the thawing process.