

May 2021

DISASTER *for Older Adults*

Resource Guide

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Governor's Message



Ron DeSantis
Governor

As Governor, I work to ensure disaster preparedness, response, and recovery efforts are in place to safeguard all our residents and visitors.

While Florida stands ready for any storm that may threaten our state, I encourage all individuals, families, and businesses to have an emergency preparedness plan in place that includes planning for possible evacuations, and having enough food, water, and medicine to last several days.

In addition to Florida's readiness to meet the 2021 hurricane season, I have worked with elected officials to assist with hurricane response and recovery.

I was proud to support legislation relaunching the Hurricane Michael Recovery Loan Program last year. The \$10 million that passed in the 2020 state budget assisted hundreds of additional families in Northwest Florida to receive below market 30-year fixed rate first mortgages and up to \$15,000 in down payment and closing cost assistance for qualified homebuyers.

Earlier this year, I announced that \$100 million will assist 24 communities impacted by Hurricane Irma through the Florida Department of Economic Opportunity's Rebuild Florida Infrastructure Repair Program. This funding will not only help to ensure Hurricane Irma-impacted communities are restored but also help improve their resiliency against future events.

And recently, I announced the state will be providing nearly \$27 million to assist in Northwest Florida's recovery from Hurricane Michael through \$22 million in cost share waivers for local governments and \$4.7 million to educational institutions to train Floridians in construction trades. This will bring additional relief to the region and enhance career and job opportunities for local residents.

I want everyone to be prepared for the 2021 Atlantic Hurricane Season beginning on June 1 and lasting through November 30.

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Secretary's Message



Richard Prudom
Secretary

Under the leadership of Governor Ron DeSantis, the Department of Elder Affairs has been able to assist in the Seniors First vaccination initiative launched by Florida and emulated by other states across the country. Health officials continue to administer COVID-19 vaccinations in every county throughout the state, and Florida's 11 Area Agencies on Aging (AAAs) have been assisting with transportation and getting vaccines to homebound seniors.

Additionally, Florida's AAAs have continued to provide home-delivered meals to individuals requesting assistance. In fact, the Florida Aging Network has delivered over 20 million meals to seniors during the pandemic.

However, during and immediately after a hurricane, local agencies may need to temporarily restrict operations or be unable to safely navigate the streets. For these reasons, I strongly encourage you to have at least seven days' worth of food, water, and medicine on hand.

Talk with family, friends, or neighbors now to create a designated hurricane preparedness, response, and recovery support network. Determining strategies during a period of calm allows smoother transitions during an emergency.

If you have special needs, it's important to be aware of your county's Special Needs Shelter Program and its Registry. We've assembled a county-by-county list of special needs contact phone numbers for you on page 11 and a Disaster Supply Kit Checklist on page 13.

Together with Governor DeSantis, we hope this guide provides easy-to-use resources for you before, during, and after a storm. The mission of DOEA is, and remains, to promote the well-being, safety, and independence of Florida's seniors, their families, and caregivers.

How to Protect Your Valuable Documents



Laurel M. Lee
Secretary of State

Historical records tell us a lot about our past. The Department of State's Division of Library and Information Services is

materials, and books, the Florida Department of State can offer you [some suggestions and resources](#) to help you prepare and salvage these items so they can be around for a long time to come.

home to the State Library and Archives, hosting thousands of digitized photographs and documents spanning Florida's long historical arc on [FloridaMemory.com](#). Many of the photographs and documents in the State Archives are from family collections. With the upcoming hurricane season, it's important to understand how you can protect your family's important photos, documents, and records.

The annual hurricane season in Florida begins June 1 and spans five months. Each May, many Floridians participate in annual hurricane season preparedness by protecting their houses and stocking up on batteries, water bottles, and other can't-do-without essentials. You may be experienced with standard disaster preparedness, but there might be additional preparations to consider as part of your plan. When it comes to protecting your valuable and irreplaceable documents, recorded

While the list of preparedness tasks is long, ensuring the safety of your documents is relatively easy. If it is practicable, your important documents, photos, and materials should be kept in plastic storage containers to prevent water seepage. If moving your collection to plastic containers is not feasible, it is recommended your boxes be placed off the ground and on shelving or on table tops. Finally, it's a good idea to drape them with waterproof coverings such as vinyl or plastic sheets to protect them from any overhead water damage.

If your materials do get damaged, there are still some actions you can take to salvage them.

The Department of State's website, [dos.myflorida.com](#), contains the [Records and Document Recovery Techniques Chart](#) that covers the safest recovery techniques for 13 different types of record media. Keep in mind the



Shield your records, mementos, and photographs from water damage.

biggest danger to your records after water is the mold that can grow rapidly in warm, wet, and dark conditions. Mold is a dangerous toxin, so please check with a mold expert before handling any materials with signs of mold damage.

Once you have made sure your family, pets, and home are prepared, consider [taking steps to safeguard your documents](#). The Florida Department of State is here to serve you this hurricane season by making sure you have the resources you need to protect those important items that cannot be easily replaced. You can also visit [FloridaMemory.com](#) to learn more about Florida's history of natural disasters.

Remember, the Department is here to serve you all throughout the year as we strive to improve the quality of life for all Floridians. I hope your preparations go smoothly and you have a safe hurricane season!

HURRICANE READINESS

If you are under a hurricane watch or warning, here are some basic steps to take to prepare for the storm:

- Be prepared to turn off electrical power in the case of standing water, fallen power lines, or evacuation. Secure structurally unstable building materials.
- Buy a fire extinguisher, and make sure your family knows where it is and how to use it.
- Locate and secure your important papers.
- Post emergency phone numbers at every phone and on the refrigerator.
- Inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability.
- Make plans to ensure your pets' safety at floridadisaster.org/planprepare/pet-plan.

Emergency Supplies

You should stock your home with supplies that may be needed during the emergency period. A detailed checklist may be found on page 13. You can find more information on emergency plans and supply kits at ready.gov.

Preparing to Evacuate

The National Weather Service will issue a hurricane watch when there is a threat to

coastal areas of hurricane conditions within 24-36 hours.

When a hurricane watch is issued, you should do the following:

- Fill your automobile's gas tank.
- If no vehicle is available, arrange with friends or family for transportation.
- Fill your clean water containers.
- Listen to the radio or television for weather updates.
- Secure any items outside that could damage property in a storm, such as bicycles, grills, propane tanks, etc.
- Cover windows and doors with plywood or boards. Officials no longer advise taping windows.
- Put livestock and family pets in a safe area.
- Fill sinks and bathtubs with water and ice as a supply for washing.
- Adjust the thermostat on refrigerators and freezers to the coolest possible temperature.

If Ordered to Evacuate

Because of the destructive power of a hurricane, you should never ignore an evacuation order. Be aware that most shelters and some hotels do not accept pets. If a



hurricane warning is issued for your area or you are directed by authorities to evacuate:

- Take only essential items.
- If you have time, turn off the gas, electricity, and water.
- Make sure your automobile's emergency kit is ready.
- Follow the designated evacuation routes—others may be blocked—and expect heavy traffic.

If Ordered NOT to Evacuate

The great majority of injuries during a hurricane are cuts caused by flying glass or debris.

- Monitor the radio or television for weather conditions.
- Do not go outside, even if the weather appears to have calmed—the calm “eye” of the storm can pass quickly, leaving you outside when strong winds resume.
- Stay away from all windows and exterior doors, seeking shelter in a bathroom or basement.

Be Alert and Seek Shelter From Tornadoes

Tornadoes often occur during hurricane season, June 1 through November 30. The Southeast is susceptible to waterspouts – weak tornadoes that form over warm water. Waterspouts sometimes move inland, becoming tornadoes.

Be on the Alert

A **Tornado Watch** is issued when tornadoes are possible in your area. Remain alert for approaching storms. A **Tornado Warning** is issued when a tornado has been sighted or indicated by weather radar.

Remember, tornadoes occasionally develop in areas in which no severe thunderstorm watch or warning is in effect, so listen for that information as well.

Environmental Clues

- Dark, often greenish sky
- Wall cloud
- Large hail
- Loud roar, like a freight train
- Some tornadoes appear as a visible funnel extending only partially to the ground
- Some tornadoes are clearly visible while others are obscured by rain or nearby low-hanging clouds.

Planning Ahead

- Develop a plan for you and your family.
- Participate in frequent drills.
- Know the county in which you live, and stay tuned to weather bulletins.
- Keep a highway map nearby to monitor the storm's movement from weather bulletins.
- Listen to radio and television for information.
- If planning a trip outdoors, listen to the latest forecasts, and take necessary action if threatening weather is possible.
- Know who is most at risk: people in automobiles; the elderly, very young, and physically or mentally impaired; people in manufactured (mobile) homes; or people who may not understand the warning due to a language barrier.

If a Warning Is Issued

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor, and get under a sturdy piece of furniture.



- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave your car immediately.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression.
- Manufactured (mobile) homes, even if tied down, offer little protection from tornadoes and should be abandoned.

Each year, many people are killed or seriously injured by tornadoes despite advance warning. Some may not hear the warning while others may have received the warning but did not believe a tornado would actually impact them. After you have received the warning or observed threatening skies, you must make the decision to seek shelter before the storm arrives. It could be the most important decision you will ever make.

FLOODS:

Be Prepared and Stay Safe

Floods can happen to anyone, almost anywhere, anytime, and they can happen fast. So, whether you live near the water or not, you should always be ready. The following tips will help you prepare in advance, keep you safe during, and recover after a flood:

Before a Flood

- Make copies of important documents (mortgage papers, insurance, bank information, passport, deeds, receipts for any expensive household items, etc.). Keep copies in your home and originals in a safe place outside of your home, like a safe deposit box in a bank.
- Take photos of your most valuable possessions (jewelry, antique furniture, electronics, musical instruments). Keep a set of pictures in your home and store a duplicate set on a flash drive, USB drive, or a CD outside of your home with other important documents.
- Make an itemized list of other possessions, such as small appliances, clothes, books, etc.
- Review and know what your flood insurance policy covers, and contact your agent to verify that you have the proper level of coverage.



- Have an emergency plan. Visit floridadisaster.org/planprepare for step-by-step instructions on building your Family Emergency Plan. The site includes suggestions for a Disaster Supply Kit, shelter information, emergency contacts, and information on your local emergency management agency.

Staying Safe During a Flood

- Stay tuned to your local television or radio stations when flood warnings have been issued, so you can follow the officials' instructions.
- **DO NOT** drive through a flooded area. As little as two feet of water can lift and move vehicles of any size. More people drown in their cars than anywhere else during a flood.
- **DO NOT** walk through a flooded area. A person can

be knocked down by as little as six inches of moving water.

- Keep away from downed power lines and any other electrical wires. A major cause of death in floods is by electrocution.

Recovering From a Flood

- **DO NOT** return to your home until approval has been given by local officials.
- Check for structural damage before reentering your home to avoid being trapped in a building collapse.
- If your home sustained damage from the flood, you will need to do the following:
 - » File a claim with your homeowners insurance company,
 - » Keep power off until an electrician has inspected

Continued on page 15

THE ELDER HELPLINE

Information and referrals for elder services are available through the Elder Helpline. For the deaf or speech impaired, all Elder Helplines can be accessed through the Florida Relay by dialing 711 from anywhere in Florida.

The Elder Helpline also offers a live translation service. Telephone interpreters provide on-the-line assistance by translating from English into as many as 148 different languages.

1-800-96-ELDER
(1-800-963-5337)

ABUSE HOTLINE

Are you worried that an elder relative or friend may be the victim of abuse? You can report known or suspected cases of abuse by calling Florida's Abuse Hotline.

1-800-96-ABUSE
(1-800-962-2873)

Area Agencies on Aging (AAA)

Area Agencies on Aging (AAAs) are the designated private non-profit entities that advocate, plan, coordinate, and fund a system of elder support services throughout the state. The AAAs also operate a network of 11 local **Elder Helplines**. Individuals and community agencies seeking accurate, unbiased

information about federal, state, or local social and health and human services in their area may access the Elder Helpline by calling toll-free **1-800-96-ELDER (1-800-963-5337)** or the appropriate Elder Helpline for their county listed below:

**NORTHWEST FLORIDA
AREA AGENCY ON AGING**
*Serving Escambia, Okaloosa,
Santa Rosa, and Walton
Counties*
Phone: 850-494-7101
Elder Helpline: 866-531-8011

**ADVANTAGE AGING
SOLUTIONS**
*Serving Bay, Calhoun, Franklin,
Gadsden, Gulf, Holmes,
Jackson, Jefferson, Leon,
Liberty, Madison, Taylor,
Wakulla, and Washington
Counties*
Phone: 850-488-0055
Elder Helpline: 866-467-4624

ELDER OPTIONS
*Serving Alachua, Bradford,
Citrus, Columbia, Dixie,
Gilchrist, Hamilton, Hernando,
Lafayette, Lake, Levy, Marion,
Putnam, Sumter, Suwannee,
and Union Counties*
Phone: 352-378-6649
Elder Helpline: 800-262-2243

ELDERSOURCE
*Serving Baker, Clay, Duval,
Flagler, Nassau, St. Johns, and
Volusia Counties*
Phone: 904-391-6600
Elder Helpline: 888-242-4464

**AREA AGENCY ON AGING
OF PASCO-PINELLAS**
*Serving Pasco and Pinellas
Counties*
Phone: 727-570-9696
Elder Helpline: 727-217-8111

**SENIOR CONNECTION
CENTER**
*Serving Hardee, Highlands,
Hillsborough, Manatee, and
Polk Counties*
Phone: 813-740-3888
Elder Helpline: 800-336-2226

**SENIOR RESOURCE
ALLIANCE**
*Serving Brevard, Orange,
Osceola, and Seminole
Counties*
Phone: 407-514-1800
Elder Helpline: 407-514-0019

**AREA AGENCY ON AGING
FOR SOUTHWEST FLORIDA**
*Serving Charlotte, Collier,
DeSoto, Glades, Hendry, Lee,
and Sarasota Counties*
Phone: 239-652-6900
Elder Helpline: 866-413-5337

**YOUR AGING AND
DISABILITY RESOURCE
CENTER**
*Serving Indian River, Martin,
Okeechobee, Palm Beach,
and St. Lucie Counties*
Phone: 561-684-5885
Elder Helpline: 866-684-5885

**AGING AND DISABILITY
RESOURCE CENTER OF
BROWARD COUNTY**
Serving Broward County
Phone: 954-745-9567
Elder Helpline: 954-745-9779

ALLIANCE FOR AGING
*Serving Miami-Dade and
Monroe Counties*
Phone: 305-670-6500
Elder Helpline: 305-670-4357



STATE & FEDERAL Disaster Contact Information

Family, friends, and neighbors who wish to assist elder or special-needs storm survivors may find the following list of telephone numbers helpful:

FEDERAL

FEMA Registration	1-800-621-FEMA TTY: 1-800-462-7585
Fraud & Abuse Hotline:	1-800-323-8603
American Red Cross	1-800-733-2767 Español: 1-800-257-7575
Salvation Army	1-800-725-2769
Small Business Administration, <i>disaster loans</i>	1-800-659-2955
Social Security Administration	1-800-772-1213 TTY: 1-800-325-0778
IRS	1-800-829-1040 TDD: 1-800-829-4059
U.S. Department of Veterans' Affairs	1-800-827-1000 TDD: 1-800-829-4833
Feeding America	1-800-771-2303

STATE OF FLORIDA

Florida Emergency Information Line	1-800-342-3557
Florida Attorney General Price Gouging Hotline	1-866-966-7226
Agriculture and Consumer Services, <i>price gouging</i>	1-800-435-7352
Florida Elder Abuse Hotline	1-800-96-ABUSE
Florida Volunteer and Donations Hotline	1-800-354-3571
Elder Helpline, <i>information and referral</i>	1-800-96-ELDER
Department of Financial Services Storm Hotline	1-800-22-STORM TDD: 1-800-640-0886
Florida Child Care, <i>resource and referral</i>	1-866-357-3239
Florida Power & Light, <i>outages update</i>	1-800-468-8243
Department Economic Opportunity, <i>unemployment claims</i>	1-800-204-2418

RED CROSS *Safe & Well*

The American Red Cross encourages those affected by a disaster to register on the Safe and Well website. This secure, easy-to-use tool, available at redcross.org/safeandwell, allows concerned loved ones all across the country to search for registrants' posted messages, to see that they are safe. Concerned family members and friends can search for loved ones in the affected area by entering the person's name and pre-disaster phone number or address. If their loved one has registered, they will be able to see their message. The Safe and Well website is also available in Spanish at redcross.org/cruz-roja.html. People without access to a computer, without electricity, or in need of help from an interpreter can call the Red Cross at 1-800-REDCROSS (1-800-733-2767) to register.

FLORIDA 511

The Florida Department of Transportation (FDOT) encourages Floridians to stay safe during a disaster. If travel is necessary, FDOT's Florida 511 Traveler Information System is available to keep you up to date with the latest traffic information and urgent alerts. These alerts include notifications about traffic incidents, road closures, and suggested alternate routes. Florida 511 also provides severe weather notifications and the Silver, AMBER, and Blue alerts for law enforcement, all in one place.

Other ways you can use 511:

- Download the free Florida 511 Mobile app
- Sign up for a FL511.com account to create custom routes and register for alerts.
- Follow #FL511 on Facebook, Twitter, and Instagram.

By learning how to use Florida 511 now, you will be prepared if you need to access it during an emergency. For the latest emergency travel information, visit fdot.gov/emergency.



Plan Ahead for Special Needs

Regardless of medical or physical condition, everyone should plan ahead for potential evacuation. The best and safest evacuation choices include staying with relatives or friends out of the area, checking into a hotel/motel, or pre-admission into a medical facility if medically necessary. If you have medical issues, the place you can best be supported during a hurricane should be a joint decision among your physician, home health agency, caregiver, family, and yourself. To assist in making a decision concerning your care, the following information is provided:

If You Have Special Needs

For more information on how to prepare for a disaster for individuals with access and functional needs, visit floridadisaster.org/getaplan. You can register for the Florida Special Needs Registry on the website. Individuals who qualify for a special needs shelter should contact their local emergency management agency for additional information.

- Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.



- Discuss your needs with your employer.
- If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exits clearly and to arrange to help you leave the building.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals, and any other items you might need.
- Keep a list of the type and model numbers of the medical devices you require.
- Be sure to make provisions for medications that require refrigeration.
- If you require oxygen, check with your supplier about emergency plans.
- If you require a respirator or other electric-dependent medical equipment, you should make prior medical arrangements with your physician. You should also

register in advance with your local power company.

Public Shelters

Because some people do not have the option to independently evacuate out of the area, the American Red Cross operates public shelters.

These facilities are not hospitals, nursing homes, or hotels. Public shelters available under emergency conditions will accept anyone who is self-sufficient and needs no outside professional assistance in performing activities of daily living (ADL).

Special Needs Shelters

Most counties have Special Needs Shelters. Some are units within American Red Cross public shelters; some are shelters solely used for those with special needs. Basic medical assistance and monitoring will be available. Special needs shelters are not equipped with advanced medical equipment or medications, nor are they staffed to provide advanced medical care. A caregiver should accompany clients. Shelter medical staff will be unfamiliar with your medical condition and treatment.

To learn more about the requirements for staying in a special needs shelter, contact your local emergency management agency.

Hospital/Nursing Home

If your physician has decided that during an emergency you need to be cared for in a skilled nursing facility, such as a hospital or nursing home, he or she must arrange pre-admittance with a specific facility prior to the evacuation. You must have a copy of the pre-admission letter from your doctor stating that you are to be taken to a specific hospital or nursing home and arrangements have been

made with the facility for admittance. This letter must accompany you when you are evacuated. Medicare will only pay for hospitalization claims that are deemed medically necessary; therefore, arrangements must be made in advance. If any costs arise from your admittance, you are responsible for them.

Transportation

Residents who require transportation assistance can indicate this need with the Special Needs Registry and will be taken to public shelters, special needs shelters, or medical facilities. Transportation is not provided

to private homes, hotels, or locations outside of the county.

Your Responsibilities

Share your disaster plans with a relative or friend outside the area. Call after a disaster and let them know you are all right and where you will be staying. When an emergency threatens, continually monitor radio and/or TV to determine whether you are included in the evacuation area. If your area is ordered to evacuate, gather your belongings and proceed to your evacuation destination. If you have registered for transportation, units will be dispatched to your location. Bring your disaster supply kit.

FLORIDA SPECIAL NEEDS REGISTRIES BY COUNTY

Alachua	(352) 258-4300	Hardee	(863) 773-6373	Okeechobee	(863) 763-3212
Baker	(904) 259-6111	Hendry	(863) 674-5400	Orange	(407) 836-9319
Bay	(850) 248-6046	Hernando	(352) 754-4083	Osceola	(407) 742-9001
Bradford	(904) 964-7732 x1602	Highlands	(863) 385-1112 x4419	Palm Beach	(561) 712-6329
Brevard	(321) 637-4070	Hillsborough	(813) 307-8063	Pasco	(727) 861-5250 x105
Broward	(954) 831-3347	Holmes	(850) 547-1112	Pinellas	(727) 464-3800
Calhoun	(850) 674-8075	Indian River	(772) 794-7452	Polk	(863) 298-7027
Charlotte	(941) 833-4000	Jackson	(850) 526-2412	Putnam	(386) 326-2739
Citrus	(352) 249-2704	Jefferson	(850) 342-0211	Santa Rosa	(850) 983-5360
Clay	(904) 541-2770	Lafayette	(386) 294-1950	Sarasota	(941) 861-5000
Collier	(239) 252-3608	Lake	(352) 742-4656	Seminole	(407) 665-5121
Columbia	(386) 758-1383	Lee	(239) 533-3640	St Johns	(904) 824-5550
DeSoto	(863) 993-4831	Leon	(850) 606-3700	St Lucie	(772) 873-4887
Dixie	(352) 498-1240	Levy	(352) 486-5213	Sumter	(352) 689-4400
Duval	(904) 255-3116	Liberty	(850) 643-2415	Suwannee	(386) 364-3405
Escambia	(850) 471-6400	Madison	(850) 973-3698	Taylor	(850) 838-3575
Flagler	(386) 313-4970	Manatee	(941) 749-3500	Union	(904) 964-7732
Franklin	(850) 653-8977 x102	Marion	(352) 572-1808	Volusia	(386) 254-1500
Gadsden	(850) 875-8833	Martin	(772) 287-1652 x1	Wakulla	(850) 745-7200
Gilchrist	(386) 935-5400	Miami-Dade	(305) 513-7700	Walton	(850) 951-7291
Glades	(863) 946-6021	Monroe	(305) 289-6043	Washington	(850) 638-6203
Gulf	(850) 229-9110	Nassau	(904) 557-9174		
Hamilton	(386) 466-6680	Okaloosa	(850) 651-7150		

Sources: Pasco County Office of Emergency Management and stpete.org/hurricane/elderlytips.asp.



Assemble Your Disaster Supply Kit

Water

How Much Water Do I Need?

You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Individual needs vary, depending on age, physical condition, activity, diet, and climate. Children, nursing mothers, and ill people need more water. Very hot temperatures can double the amount of water needed. A medical emergency might require additional water. Water is also used for sanitation and hygiene.

How Should I Store Water?

The safest, most reliable emergency supply of water is commercially bottled water. Keep bottled water in its original container, and do not open it until you need to use it.

If you are preparing your own containers of water, it is recommended that you use food-grade containers.

If the water comes from a non-commercial source like a well that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by

touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it. Tap water does not need to be treated.

Maintain Your Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed.

- Keep canned foods in a cool, dry place.
- Throw out cans that become swollen, dented, or corroded.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and extend its shelf life.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Keep items in airtight plastic bags and put your entire disaster kit in one or two easy-to-carry containers, such as an unused trash can, camping backpack, or duffel bag.

Visit floridadisaster.org/getaplan to build your emergency plan.

Source: *fema.gov*

A disaster supply kit is a collection of basic items, prepared ahead of time, that members of a household may need in the event of a disaster. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately.

Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, weeks, or longer. You may have to evacuate at a moment's notice and take only essentials with you. You probably will not have the opportunity to gather supplies in the midst of an emergency.

Food

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. **(Note: Be sure to include a manual can opener.)**
- Include special dietary needs.

Disaster Supply Kit Checklist

First Aid Supplies

- First aid kit and manual
- Wet wipes
- Antiseptic wipes
- Nitrile medical gloves
- Cold pack
- Scissors (small, personal)
- Tweezers
- Mask (cloth or disposable)
- Cotton balls
- Thermometer
- Petroleum jelly/lubricant
- Sunscreen

Food and Water for 3-5 Days

- Water
- Ready-to-eat canned food
- Canned or boxed juice
- High-protein snacks
- Special dietary needs
- Instant coffee
- Cereals
- Salt, pepper, sugar
- Shelf-stable milk

Clothes and Bedding

- Change of clothes
- Sturdy shoes or boots
- Rain gear
- Hat
- Jacket
- Extra socks and underwear
- Sunglasses
- Blanket, sleeping bag, pillow
- Folding cot or lawn chair

Household Items

- Bleach or purification tablets to treat drinking water
- Paper cups, plates, plastic utensils
- All-purpose knife
- Manual can opener
- Camping stove and fuel
- Aluminum foil, plastic wrap, Ziploc bags, trash bags

- Cards, games, books, toys
- Assorted safety pins
- Travel alarm clock

Sanitation and Hygiene

- Soap and hand sanitizer
- Heavy-duty garbage bags for personal sanitation
- Washcloth, towel
- Plastic bucket with tight lid
- Toothpaste, toothbrushes
- Disinfectant/chlorine bleach
- Shampoo, comb, brush
- Feminine supplies
- Toilet paper
- Razor, shave cream, mirror
- Incontinence supplies
- Lip balm
- Insect repellent

Tools

- Battery or hand-crank radio/NOAA weather radio
- Extra batteries for all devices
- Jumper cables (in car)
- Gas (car and/or generator)
- Flashlight, electric lantern
- Jack, lug wrench, spare tire
- Signal flare
- Waterproof matches
- Wrench, pliers, shovel etc.
- Duct tape and scissors
- Plastic sheeting
- Whistle
- Work gloves
- Paper, pens, pencils
- Sewing kit
- Small fire extinguisher

Documents & Keys

- ID; drivers license, passport, Social Security card
- Cash, coins, credit cards
- Spare set of keys
- Instructions to turn off utilities

Medicine and Supplies

- Antibacterial ointment
- Pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative
- Vitamins
- Prescription drugs
- Dentures/cleaning solution
- Extra eyeglasses
- Contact lenses/solution
- Hearing aid/batteries
- Medical equipment*

*Wheelchair, walker, cane, dressings, oxygen, tubes, feeding equipment, etc.

Photocopies (in Ziploc bag)

- Birth certificate
- Marriage certificate
- Drivers license
- Social Security card
- Passport
- Will, living will, and advance directive
- Deeds
- Household inventory
- Insurance policies
- Immunization records
- Medical contact info
- Models and serial numbers of medical equipment
- Written instructions for medical care
- Pre-admission letter for hospital or nursing home**
- Bank, credit card account and routing numbers
- Stocks and bonds
- Emergency contact list
- Map of the area
- Directions and contact info for your destination

**A pre-admission letter from your doctor for a specific hospital or nursing home.

PLAN FOR YOUR PETS

If you are told to evacuate, take your pets with you. Animals left behind can be injured, lost, or killed, and pets left inside your home can escape through storm-damaged areas, such as broken windows. Animals turned loose to fend for themselves are likely to become victims of exposure, starvation, predators, contaminated food or water, or accidents.

The following are steps to take to ensure your pets' safety:

- Contact lodging outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet-friendly" places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- Ask friends or relatives outside the affected area whether they could shelter your animals.
- Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency.
- Contact your county's emergency management office to find out whether there are pet-friendly shelters in your area and to learn the requirements.

- Keep all pets in the house so that you won't have to search for them if you must leave in a hurry.
- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification.
- Attach the phone number and address of your shelter or of a friend outside the disaster area. You can buy temporary tags or put adhesive tape with indelible pen on the back of your pet's ID tag.
- You may not be home when the evacuation order comes. Find out whether a trusted neighbor would be willing to take your pets and meet you at a prearranged location. This person should have a key to your home and know where to find your pet disaster supplies kit. A pet-sitting service may be available to help, but discuss in advance.
- Animals react differently under stress. Outside your home and in the car, keep dogs securely leashed. Transport cats in carriers. Don't leave animals unattended anywhere they can run away. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch.
- Service animals for the blind, hearing impaired, handicapped, or others with special needs will be allowed



to stay in emergency shelters with their owners.

- If you must leave town after a disaster, take your pets with you. Leash your pets when they go outside. Familiar landmarks may be altered, and your pet may become confused and lost. Wild animals and downed power lines may be hazards.
- Prepare your pet disaster kit:

Pet Supplies

Food and dishes	<input type="checkbox"/>
Pet carrier, leash, collar/harness, muzzle	<input type="checkbox"/>
Medications and pet first-aid supplies	<input type="checkbox"/>
Medical records and vet information	<input type="checkbox"/>
ID tags (on pet and a spare)	<input type="checkbox"/>
Litter pan and litter and/or plastic bags	<input type="checkbox"/>
Toys and blankets	<input type="checkbox"/>
Proof of ownership and/or recent photo	<input type="checkbox"/>

Sources: petswelcome.com, floridadisaster.org/planprepare/pet-plan, and fema.gov.

FLOODS...Continued from page 7

and granted clearance for reentry to into your home,

- » Take pictures of any floodwater in your home, and
- » Make a list of any damaged or lost items.
- Wear gloves, protective clothing, and boots to clean and disinfect after a flood. Visit floodsmart.gov for more information on preventing and cleaning mold.
- Watch out for animals that may have lost their homes and taken shelter in your home during the flood, as they may aggressively defend themselves.
- Check local announcements on safety of the water supply in your home, as you cannot assume that the water is safe to drink. Drinking contaminated water can cause illness.
- **DO NOT** eat any food that may have come into contact with floodwaters.
- Discard wooden cutting boards, plastic utensils, baby bottle nipples, and pacifiers that may have come into contact with contaminated floodwaters. Metal pans or ceramic dishes and utensils should be thoroughly washed with soap and hot water and sanitized by boiling them in clean water or by immersing them for 15 minutes in a solution of one-quarter cup of household bleach per gallon of water. For more info, visit floridahealth.gov.
- Prevent mold by removing wet contents immediately.
- If your homeowners insurance policy does not cover losses from floods or you did not have flood insurance, you may be eligible for assistance from the National Flood Insurance Program. This program is a federally backed flood insurance program that is available to residents and business owners. For more information on this program, call 1-800-427-5593, or visit floodsmart.gov.

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EVERY SENIOR EVERYWHERE

Vaccine Visits for Homebound Seniors

Florida is bringing COVID-19 vaccinations to homebound seniors. To register for a vaccine and for more information email HomeboundVaccine@em.myflorida.com.

Residents can also contact the state's COVID-19 Call Center at **866-779-6121** for assistance.



Where Is Your Kit?

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles.



HOME Your disaster supply kit should contain essential food, water, and supplies for at least three days. Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept and can lift and carry the kit. Additionally, you may want to consider having supplies for sheltering up to two weeks, and plan for possible power outages at home.



WORK This kit should be in one container and ready to "grab and go" in case you are evacuated from your workplace. Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.



CAR In case you are stranded, keep a kit of emergency supplies in your car. This kit should contain maps, food, water, manual can opener, first aid kit and manual, flares, jumper cables, flashlight and extra batteries, battery-powered radio and extra batteries, fire extinguisher (5 lb., A-B-C type), blanket, rain gear, and seasonal supplies.