Recommended items to include in a basic emergency supply kit

**Water supply:**
- At least 5 gallons of water per person (which should be enough to last 3 to 5 days)
- Clean containers for water
- Supplies to make your drinking water safe (like iodine tablets or chlorine bleach)

**Food & medicine supply:**
- 3 to 5 day supply of unperishable food (like canned food)
- Manual or battery-powered can opener (if supply contains canned food)
- Enough baby food or formula for 3 to 5 days (if necessary)
- Prescription medicines

**Safety items:**
- First aid kit and instructions
- Fire extinguisher
- Battery-powered or hand crank radio
- Flashlights and extra batteries
- Sleeping bags or extra blankets
- Wrench or pliers to turn off utilities
- Whistle to signal for help

**Personal care products:**
- Hand sanitizer
- Moist towelettes in case clean water is unavailable
- Soap
- Toothpaste
- Tampons and pads
- Diapers
- Garbage bags and plastic ties

**Tip:** Make sure your supplies are stored together in a place that’s easy to reach.


Important phone numbers and information

- Police: 911 or ______________________
- Fire: 911 or ______________________
- Poison Control: ______________________
- Doctor: ______________________
- Pediatrician: ______________________
- Dentist: ______________________
- Hospital/Clinic: ______________________
- Pharmacy: ______________________
- Veterinarian: ______________________
- Medical Insurance: ______________________
  - Policy # ______________________
- Home/Rental Insurance: ______________________
  - Policy # ______________________
- Flood Insurance: ______________________
  - Policy # ______________________
- Electric Company: ______________________
- Water Company: ______________________
- Gas Company: ______________________
- Other: ______________________
- Other: ______________________
- Other: ______________________
- Other: ______________________

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### Hurricane Preparedness Timeline

#### Prepare NOW
- Know your area's risk of hurricanes.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Keep an eye out for flash flooding. Watch for warning signs such as heavy rain.
- Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room or hallway in a sturdy building on the lowest level that is not subject to flooding.
- Make your own plans for evacuation or sheltering in place.
- Become familiar with your evacuation zone, the evacuation route and shelter locations.
- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don’t forget the needs of pets.
- Keep important documents in a safe place or create password-protected digital copies.

#### 36 hours before hurricane arrival
- Turn on your TV or radio in order to get the latest weather updates and emergency instructions.

#### 18–36 hours before hurricane arrival
- Bookmark your city or county website for quick access to storm updates and emergency instructions.
- Bring any lightweight objects inside that may become projectiles in high winds (e.g., patio furniture, garbage cans). Anchor objects that would be unsafe to bring inside (e.g., propane tanks). Trim or remove trees close enough to fall on the building.

#### 6–18 hours before hurricane arrival
- Turn on your TV/radio, or check your city/county website every 30 minutes for weather updates and emergency instructions.
- Charge your cell phone now so you will have a full battery in case you lose power.
- Plan to shelter in place if you are not in an evacuation zone. Let friends and family know where you are.
- Close storm shutters and stay away from windows. Flying glass from broken windows could injure you.
- Turn your refrigerator or freezer to the coldest setting and open only when necessary. Food will last longer this way if you lose power. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.

#### Survive DURING
- Evacuate immediately if told to do so. Do not drive around barricades.
- If sheltering in place during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor that is not subject to flooding.
- Go to the highest level of the building if you are trapped by flooding. Do not climb into a closed attic. You may become trapped by rising flood water.

#### Be Safe AFTER
- Listen to authorities for emergency information and special instructions.
- Be careful during clean-up. Wear protective clothing and work with someone else.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water. It can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Document any property damage with photographs. Contact your insurance company for assistance.

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