



Hurricane and Flood Action Plan

Patients

Use this plan to stay safe in the event of a hurricane or flooding in your area.

1. Know when flooding or a hurricane may occur.

You can check for flood alerts, as well as hurricane and tropical storm warnings, on your phone weather app, by checking the weather on your computer (such as at weather.com), or by checking your local news station on the radio, television, or social media.

To understand the health risks associated with hurricanes and floods, see the accompanying “Tip Sheet for Patients: Staying Safe During Hurricanes and Floods”.

To know when a flood or hurricane may affect my neighborhood, I will:

If you own a car or back-up generator and a flood watch or warning has been issued, make sure that your car has a full tank of fuel, and you have extra fuel safely stored for the generator.

2. Have an emergency kit ready.

Food and Water

- Bottled water (at least 3 gallons per person)
- Non-perishable food for at least 3 days
- Non-electric can opener (if needed)
- Paper cups, plates, and utensils
- Food and water for your pet

Communication

- Extra cell phone battery or charger
- A list of emergency phone numbers
- Local maps, marked with at least 2 evacuation routes
- Radio (with extra batteries or hand-cranked)

Infants and Children

- Infant formula (and water for mixing) for at least 3 days and a bottle
- Diapers and wipes for at least 3 days
- Paper and pencil
- Books, games, puzzles

Financial

- Copies of important documents (identification, insurance policies, bank account records) in a portable, waterproof container or on your phone, in the cloud, or on a USB stick
- Cash

Health and Safety

- Prescription medications (7-day supply)
- Extra eyeglasses or contact lenses
- First aid kit (Band-Aids, antiseptic, gauze, tape, etc.)
- Fire extinguisher
- Whistle to call for help
- Flashlight with extra batteries
- Sleeping bag/warm blanket for each person
- Change of clothing for each person, including long-sleeved shirt, long pants, and sturdy shoes
- Tampons or sanitary pads
- Moist towelettes
- Hand sanitizer

Miscellaneous

- An extra set of car keys
- Wrench or pliers to turn off utilities
- Garbage bags and plastic ties
- Matches in a waterproof container

3. Plan for power outages.

- a. If you use **medical equipment that needs electricity or batteries**, have a backup plan so you can use them if the power goes out.

If the power goes out, I will:

- Use my backup electricity generator
- Have a backup battery fully charged in my home
- Evacuate somewhere that has power

- b. If you have **medications that require refrigeration**, have a cooler and ice or icepacks ready to store them as well as a thermometer to check the temperature inside the cooler.

- c. If you get water from a **well with an electric pump**, have a backup plan so you will have enough water to drink if the power goes out.

If the power goes out, I will:

- Have ____ gallons of bottled water at my home (at least 3 gallons per person)
- Evacuate to a safe location before a power outage occurs or flooding prevents evacuation. See section 5 below for guidance on creating an evacuation plan.

After a flood, you will want to test your well water for pollution before drinking it.

- d. If you have **electric heat or air conditioning**, do not:
- try to heat your home by burning fuels, such as wood or propane, indoors
 - use a gas oven or stove to heat your home
 - use an electricity generator or gas grill indoors
 - run your car with the garage door closed for air conditioning

These can all result in carbon monoxide poisoning, which can be deadly.

If you are too cold or hot because the heat or air conditioning will not work from a power outage, consider going someplace where heat or air conditioning is available.

If I am too cold during a power outage, I will go to:

If I am too hot during a power outage, I will go to:

If I need help getting someplace warm or cool, I can call:

Name	Phone
1. _____	_____
2. _____	_____
3. _____	_____

4. Know your evacuation zone and route.

When evacuation orders are given, they will use your home's "evacuation zone". Each state also has specified evacuation routes that you should follow if you need to evacuate.

You can find a link to your state's evacuation information at <https://hurricanestrong.org/wp-content/uploads/2022/09/9-27-22-Find-Your-Evacuation-Zone-Final.pdf>. Click on your state in the list to find information about your evacuation zone. Some state websites will also show evacuation routes and provide information about emergency shelters.

5. In case you need to evacuate, have a plan and know who you can contact for help.

If a hurricane is predicted to make landfall near you, or a flood watch or warning is in place, pay attention to local media outlets for evacuation orders.

Identify an emergency contact for everyone in your household to call. During emergencies phone networks and the internet can be overloaded, so it may be easier to contact one person and let them contact others.

My emergency contact person is: _____

Their phone number is: _____

Identify both a preferred and backup evacuation location. If possible, these two locations should be in different directions from where you live.

If you need electric medical equipment, such as a ventilator, make sure your evacuation locations have electricity. You may have to plan to travel a long distance to make sure power is available.

My evacuation locations are:

1. _____

2. _____

Plan to use the first location on this list unless it cannot be reached due to flooding. If you cannot get to location 1, notify the emergency contact person listed above and that person should tell everyone else in the household to meet at location 2.

If I need to evacuate, the vehicle I will use is: _____

If I need help evacuating, I can call:

Name	Phone
1. _____	_____
2. _____	_____
3. _____	_____

6. If you need to evacuate, prepare your home before you leave to make your return safer.

- Turn off **electricity**
- Turn off **gas** supply
- Turn off **water** supply

Make sure everyone in your family knows where the water, gas, and electric main shut-off controls are located and how to safely shut them down during a flood or hurricane.

7. If you stay home during a hurricane or severe storm that causes flooding, take steps to stay safe.

- Keep your **emergency supply kit** in a place you can easily access.
- Listen to the radio or TV for **updates** on the hurricane.
- Stay inside.** Even if it looks calm, do not go outside. Wait until you hear or see an official message that the hurricane is over. Sometimes, winds and rain may lessen during a storm, but then quickly worsen again.
- Stay away from windows** during hurricanes or storms with strong winds. You could get hurt by pieces of broken glass or flying debris during a storm. Stay in a room with no windows or go inside a closet.

8. Make sure you share this plan with everyone in your home and consider sharing it with friends and family members.

Review this information once or twice every year so that everyone is ready to act when a hurricane or flood occurs.

Tipsheet prepared with content adapted from [CDC.gov](https://www.cdc.gov) and [FEMA.gov](https://www.fema.gov)