

Polk Family Caregivers is a nonprofit organization that provides advocacy, information and support to family members caring for loved ones that are chronically ill or disabled.

Polk Family Caregivers top priority is to keep the loved ones we are caring for safe in an emergency. We do this by seeing that they are well prepared in advance.

Take a few minutes to read this hurricane information and develop your personal hurricane preparation plan. You may also want to register your loved one with the County Special Needs shelter in case of an evacuation.



Family Caregivers, Inc.

Polk Family Caregivers

...A Voice of Advocacy for Family Caregivers

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Hurricane Tips

- Turn refrigerator to maximum cold and open only when necessary
 - Turn off propane
 - Board up windows
 - Stock up on supplies
 - Fill bathtub with water
 - Know how to shut off utilities
 - Remove outdoor objects from around your home that could blow around in high winds
 - Listen to local radio, TV station or Emergency Broadcast System
- | | |
|-----------------|---------|
| WONN | 1230 AM |
| WPCV | 97.5 FM |
| Traveler's Info | 1610 AM |
- Paint station markers on the radio with nail polish if you can.

Need more information?

www.floridadisaster.org

Hurricane Preparation



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Hurricane and storm season begins in June. Are you ready?

Disasters can happen anytime and anywhere. When disaster strikes, people often have little time to respond. If unprepared, people can end up injured, ill or even worse while waiting long periods of time for help to come. Those who are older, disabled or severely ill are even more apt to have major problems in an emergency or disaster.

Prepare now, while time allows, for hurricane and storm disaster emergencies.

It's as easy as **1, 2, 3**.....

1 Make a Plan - Go or stay?

Decide whether you will stay home, go to shelter or leave the area in an escalating situation.

Share your plan with family and friends including how you plan to contact them.

Never leave pets when you evacuate. If it is too dangerous for you to stay, it is too dangerous for the pet.

Practice your plan.

*...Hide from the wind
...Run from the water*

2 Get a Kit

Basic supplies include water, food, flashlights, batteries, medicines, hygiene items and a whistle to summon help.

Don't forget first aid supplies and a good can opener.

Bag identification, insurance cards, telephone numbers and emergency docu-

ments in a sealed water proof sandwich bag in case you evacuate.

Your supply storage kits should be light weight and water proof.

3 Be Informed

Each county provides Special Care Shelters and transport for those with medical conditions, but you must register in advance. Contact the Emergency Management office of your county government for additional information.

Listen to local radio and TV for the latest information and updates.

Hurricane Category Scale

