



Name: _____

Hurricane Helper (Emergency Contact): _____ Phone: _____

Primary Physician: _____ Phone: _____

Choosing Your Hurricane Helper:

- Who can you count on in an emergency? Who understands what you need and will be able to help?
- What different ways do you have to communicate with each other? Do you have a telephone that plugs directly into the phone line and does not require electricity to work?
- Will your Hurricane Helper be with you during a storm? Who do you have as a back up?
- Will you travel together if your zip code must be evacuated? (If not, and you'll need transportation, dial 2-1-1 to register for assistance with transportation.)

Making a Plan:

- Start by making a list of things you need every day. If you have a pet or service animal, what does it need each day?
- What "extras" would you need from your list to stay in your home for at least a week or more without electricity or a way to get supplies? (Buy a few of these extras each time you shop, so the cost isn't so difficult.)
- When you see your physician, ask about getting extra medications to keep with your hurricane supplies and written prescriptions that can be kept with other important papers.

Are You Safe At Home?

- What weather conditions will your home withstand and does your home have safety equipment like smoke detectors, fire extinguishers and a first aid kit?
- Don't assume that any agencies you depend on for in-home care or deliveries will be able to help you during a hurricane. Talk directly with your support systems to know what they can provide during an emergency.
- Does your power company, and local fire department, know if you depend on electricity for life-support equipment? Do you have back-up power (extra battery, or generator) if you lose electricity?

Be Ready for Evacuation:

- What will you need to be away from home for at least two weeks? (Seal medications, copies of prescriptions, important papers, hearing aid batteries and other supplies that shouldn't get wet into plastic bags, and keep them where you can get them quickly if you must evacuate.)
- Do you have portable versions of the equipment you rely on and does your Hurricane Helper know how they work?
- If you have special needs, don't wait until the last minute to make a move. Do you have a Hurricane Helper to get you safely to shelter? If you will need transportation in an evacuation, dial 2-1-1 to register for help.