

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE
May 31, 2013

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BE READY, STAY HEALTHY DURING HURRICANE SEASON

TALLAHASSEE- The Florida Department of Health (DOH) reminds residents to consider important health matters while preparing for hurricane season. Beginning June 1, Floridians should begin stocking supplies and creating an emergency plan in preparation.

“Florida residents are encouraged to include important health related items and medical documents in their preparedness kits,” said Dr. John Armstrong, State Surgeon General and Secretary of Health. “By planning ahead to have necessary medications, signing up for special needs sheltering, and preparing to use a generator safely, Floridians and their families can remain safe and healthy during hurricane season.”

Remember to have an extra supply of prescription medications – In the event of a tropical storm or hurricane, you may need to evacuate your home. Access to regular health and medical services may be temporarily limited. Ensure you are able to continue taking your medications by being prepared.

Plan in advance for special needs - If you or someone in your family has special needs, make sure your plans include preparing for any special evacuation requirements, special equipment or supplies, provisions for service animals and any other information that would be important for emergency responders to know. Contact your local emergency management office to learn more about special needs shelters and to pre-register.

Know how to safely use a generator – Portable generators can be a handy tool during a power outage, yet can also be dangerous if used improperly. Carbon monoxide is an odorless, colorless, tasteless gas that can cause serious health concerns including weakness, chest pains, shortness of breath, nausea, vomiting, headaches, confusion, lack of coordination, impaired vision, loss of consciousness, and in severe cases, death. NEVER operate a generator indoors. ALWAYS operate outside in an open, dry, well-ventilated area.

For more information on hurricane preparedness visit <http://www.floridadisaster.org/index.asp>

View DOH's emergency preparedness video “Don't Forgo the H2O” at <http://www.youtube.com/watch?v=6VI6533j474&feature=youtu.be>

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