BE PREPARED: CREATE A DISASTER PLAN

A PLAN FOR PEOPLE WITH DISABILITIES

MANAGING STRESS

EMERGENCY SITUATIONS DEFINED

EVACUATION

HELP CHILDREN COPE

LEARN MORE ABOUT SERVICES IN YOUR COMMMUNITY

The Family Preparedness Guide

Helping Your Family Prepare for Emergencies

The Florida Department of Health & The Agency for Persons With Disabilities

Contents

Be Prepared: Create A Disaster Plan 1

A Family Emergency Plan, A Place to Go, A Pet Plan, A Disaster Supply Kit

A Plan for People with Disabilities 6

Managing Stress and Maintaining Mental Health . . 11

Emergency Situations Defined 13

Terrorism, Floods, Tornadoes, Hurricanes, Nuclear Emergencies

Evacuation 17

Help Children Cope 18

Learn More about Services in Your Community 19

A Disaster Plan Includes:

- A Family Emergency Plan
- A Place to Go
- A Pet Plan
- A Disaster Supply Kit

Be Prepared: Create a Disaster Plan

A Family Emergency Plan

A well thought out and practiced plan will help your family be ready for emergencies.

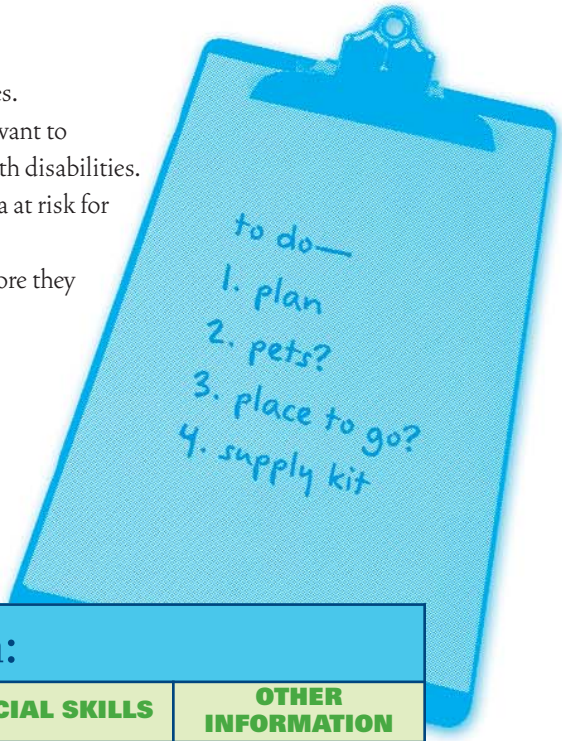
Be sure to include all members of your family in your emergency plan. You will want to consider the special needs of infants and young children, the elderly, and people with disabilities.

Consider risks in your area including living near a nuclear power plant or an area at risk for flooding.

Weather related emergencies may affect your utilities. It may take a few days before they are restored. Address this issue in your plan.

When making your emergency plan:

- **Consider each person your plan will cover.**
- **How many supplies you will need.**
- **How much cash to have on hand.**
- **Which financial records you will need to access.**
- **Where to take your pets.**



People in your Plan:

NAME	AGE	SPECIAL NEEDS	SPECIAL SKILLS	OTHER INFORMATION
Grandma	82	—diabetic —wheel chair	knows community	develop a plan for her dog Sam

—fill out pet plan

A Place to Go

You will want to develop a communication plan for your family as part of your emergency plan.

SELECT TWO MEETING PLACES: One if you need to leave home in an emergency and another outside of your neighborhood if you can't get back home when an emergency happens.

OUT-OF-TOWN CONTACT PERSON: Select a contact person out of town to serve as your point person. Make sure each person in your plan has this contact person's name, phone number and email address.

A Pet Plan

Plan for the care of your pets if you have to evacuate your home. Pets, unlike service animals, will only be allowed in designated pet-friendly shelters. Check with your local Emergency Management Office to see if there is one in your area. So, it is best to decide now where you will take your pet if you must leave. Remember to take a leash, muzzle, food, water, immunization records, any medications, and a carrier or cage.

A Disaster Supply Kit

There are six basics you should stock for your home: 1) water, 2) food, 3) first aid supplies, 4) clothing and bedding, 5) tools and emergency supplies, and 6) special items.

Keep the items that you would most likely need during an evacuation in an easy-to-carry container.

Item checklist

Include a notebook in your emergency kit with the following information:

- **Family and friends contact information**
- **Numbers for home maintenance workers**
- **A list of official emergency numbers**
- **Detailed instructions for home emergency protocols including shutting off utilities**
- **Medical information including your family physician's number, health insurance provider information, blood type, allergies, medical conditions, and medications and doses.**
- **Emergency plan**
- **Family communication plan**
- **Fire escape plan**
- **Shelter-in-place plans**

Water

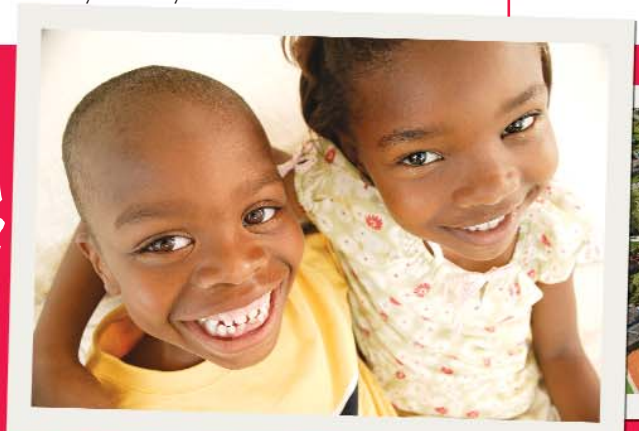
Store water in plastic containers such as large soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A person who is generally active needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need to drink even more.

Store three gallons of water per person (one gallon for each day and for each person).

Keep at least a three-day supply of water (two quarts for drinking, two quarts for food preparation and sanitation) for each person in the household. Change stored water every six months so it stays fresh.

If you purchase bottled water, keep it in the original, sealed container. Observe the "use by" date.

where will you meet?



Food

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno and matches. Select food items that are compact and lightweight. Include a selection of the following foods in your disaster supplies kit:

- Ready-to-eat canned meats
- Canned fruits, dried fruits, and nuts
- Canned vegetables

Essentials

- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Spare keys

Do not include candles. Candles cause more fires after a disaster than anything else.

FIRST AID KIT

Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- ☐ **Sterile, adhesive bandages in assorted sizes**
- ☐ **Assorted sizes of safety pins**
- ☐ **Cleansing agent/soap**
- ☐ **Latex gloves (2 pairs)**
- ☐ **Sunscreen**
- ☐ **2-inch sterile gauze pads (4–6)**
- ☐ **4-inch sterile gauze pads (4–6)**
- ☐ **Triangular bandages (3)**
- ☐ **2-inch sterile roller bandages (3 rolls)**
- ☐ **3-inch sterile roller bandages (3 rolls)**
- ☐ **Scissors**
- ☐ **Adhesive tape**
- ☐ **Tweezers**
- ☐ **Needle**
- ☐ **Moistened towelettes**
- ☐ **Antiseptic**
- ☐ **Rubbing alcohol**
- ☐ **Thermometer**
- ☐ **Tongue blades (2)**
- ☐ **Tube of petroleum jelly or other lubricant**
- ☐ **Extra eye glasses**

NONPRESCRIPTION DRUGS

- ☐ **Aspirin or nonaspirin pain reliever**
- ☐ **Antidiarrheal medication**
- ☐ **Antacid (for stomach upset)**
- ☐ **Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)**
- ☐ **Laxative**
- ☐ **Activated charcoal (use if advised by the Poison Control Center)**

SANITATION

- ☐ **Toilet paper, towelettes**
- ☐ **Soap, liquid detergent**
- ☐ **Feminine hygiene supplies**
- ☐ **Personal hygiene items**
- ☐ **Plastic garbage bags, ties (for personal sanitation uses)**
- ☐ **Plastic bucket with tight lid**
- ☐ **Disinfectant**
- ☐ **Household chlorine bleach**
- ☐ **Facial tissues**

CLOTHING AND BEDDING

- ☐ **One complete change of clothing and footwear per person**
- ☐ **Sturdy shoes or work boots**
- ☐ **Rain gear**
- ☐ **Blankets or sleeping bags**
- ☐ **Hat and gloves**
- ☐ **Thermal underwear**
- ☐ **Sunglasses**

TOOLS AND SUPPLIES

- ☐ Mess kits or paper cups; plates and plastic utensils
- ☐ Cash or traveler's checks, coins
- ☐ Nonelectric can opener, utility knife
- ☐ Pliers, screwdriver, hammer, crowbar, assorted nails, wood screws
- ☐ Shutoff wrench, to turn off household gas and water
- ☐ Tape, such as duct tape
- ☐ Compass
- ☐ Matches in a waterproof container
- ☐ Aluminum foil
- ☐ Plastic storage containers
- ☐ Signal flare
- ☐ Paper, pencil
- ☐ Needles, thread
- ☐ Medicine dropper
- ☐ Adhesive labels
- ☐ Safety goggles
- ☐ Heavy work gloves
- ☐ Whistle
- ☐ Heavy cotton or hemp rope
- ☐ Patch kit and can of seal-in-air
- ☐ Videocassettes
- ☐ Disposable dust masks
- ☐ Plastic sheeting
- ☐ Map of the area (for locating shelters)

FOR BABY

- ☐ Formula
- ☐ Diapers/wipes
- ☐ Bottles
- ☐ Powdered formula, milk, or baby food
- ☐ Medications

IMPORTANT FAMILY DOCUMENTS

Keep these records in a waterproof, portable container:

- ☐ Copy of will, insurance policies, contracts, deeds, stocks and bonds
- ☐ Copy of passports, Social Security cards, immunization records
- ☐ Record of credit card accounts
- ☐ Record of bank account numbers, names, and phone numbers
- ☐ Inventory of valuable household goods, important telephone numbers
- ☐ Family records (birth, marriage, death certificates)
- ☐ Copy of Supplemental Security Income award letter
- ☐ List of style and serial numbers of medical devices such as pacemakers
- ☐ Medical insurance and Medicare cards

MEDICAL NEEDS

- ☐ Heart and high blood pressure medication
- ☐ Insulin
- ☐ Prescription drugs
- ☐ Denture supplies
- ☐ Contact lenses and supplies

PET SUPPLIES

- ☐ Food
- ☐ Extra water
- ☐ Leash/harness
- ☐ Collar
- ☐ Identification tags
- ☐ Medications
- ☐ Vaccinations and medical records
- ☐ Carrier or cage (1 per animal)

ENTERTAINMENT

- ☐ Games and books

Other disaster supplies

Combine these with your disaster supply kit as you need them, and store them somewhere easy for you to get to.

PORTABLE DISASTER SUPPLIES KIT

- ☐ **Emergency information list/other lists**
- ☐ **Small flashlight**
- ☐ **Whistle/other noisemaker**
- ☐ **Water**
- ☐ **Extra medication**
- ☐ **Copies of prescriptions**
- ☐ **Extra pair of glasses**
- ☐ **Hearing aid**
- ☐ **Sanitary supplies**
- ☐ **Pad and pencil or other writing device**

CAR SUPPLIES

- ☐ **Several blankets**
- ☐ **Jumper cables and instructions**
- ☐ **Small shovel**
- ☐ **Red cloth to use as a flag**
- ☐ **CB radio or cellular telephone**

Maintain your plan

QUIZ: Review your plan every six months and quiz your family about what to do.

DRILL: Conduct fire and emergency evacuation drills on a regular basis with your family.

RESTOCK: Check food supplies for expiration dates and discard, or replace stored water and food every six months.

TEST: Read the indicator on your fire extinguisher(s) and follow the manufacturer's instructions to recharge. Test your smoke alarms monthly and change the batteries at least once a year. Replace alarms every 10 years.

Plan Maintenance Chart

Mark off task and enter date performed.

	6 MOS.	1 YR.	18 MOS.	2 YRS.
Review plan and quiz. 10/07 DATE	X			
Hold fire and emergency evacuation drills. 10/07 DATE	X			
Replace stored food and water. 10/07 DATE	X			
Check fire extinguishers and recharge. 10/07 DATE	X			

A Plan for People with Disabilities

A new resource is available to help you, your family, and your business develop a disaster plan. This excellent planning tool is available at www.floridadisaster.org. You need an evacuation plan, a communication plan, and general disaster supplies. However, a person with a disability may have additional planning to do. Planning before a hurricane or other disaster is critical!

Key Questions

- **If you must evacuate, do you have transportation? Where will you go? How will you get there? While you may not normally need the services of the local transportation provider, will you need their services during an emergency? Are you registered to receive their services? Flood zones and mobile homes are the primary areas from which you should evacuate, but you need to decide whether you will stay or go, even if evacuation is not mandated. If you are going to leave the area, make sure that you leave the area early.**
- **If electricity goes out for three or more days, can you stay in your home? Do you use any durable medical equipment that needs electricity to function? If your equipment is battery operated, how can you get the battery recharged?**
- **If you are deaf or hard of hearing, since most of the media coverage is by radio or television, do you have a support system to let you know what is going on?**
- **If you have a personal care attendant that comes to your home or place of work, what will happen if they cannot get to you?**
- **Will you have enough medications or medical supplies to last at least two weeks? Do you have medications that need to be refrigerated?**
- **Do you have plans for your service animal? Your pet?**
- **Do you have food and water to last at least 72 hours?**

It is essential to pay attention to local emergency managers and if directed to, be prepared to evacuate. If required to evacuate, a shelter may or may not be the best place for you. Don't assume that all people with disabilities should go to a "special needs" shelter. Do you have friends or family who can provide you a safe structure in which to stay? If you are dependent on electricity, need transportation to evacuate, or need assistance because of age or disability, it is important that you are on your county's Office of Emergency Management registry. Each county handles the registry of persons with special needs and the provision of services for persons with special needs a little differently.

Call your local Office of Emergency Management and register in advance, so your county will be able to prepare for your needs and let you know their procedures. By completing the plan on www.floridadisaster.org, the information about your local Office of Emergency Management will be provided to you.

visit www.floridadisaster.org
for the planning tool

Disability-Related Supplies and Special Equipment

Check items you use, and describe item type and location.

Glasses:

Eating utensils:

Grooming utensils:

Dressing devices:

Writing devices:

Hearing device:

Oxygen:

Flow rate:

Suction equipment:

Dialysis equipment:

Sanitary supplies:

Urinary supplies:

Ostomy supplies:

Wheelchair:

Wheelchair repair kit:

Motorized:

Manual:

Walker:

Crutches:

Cane(s):

Dentures:

Monitors:

Other:

Additional Information on Equipment and Supplies

If you use a wheelchair or scooter

Keep a patch kit and can of seal-in-air product in your portable disaster supplies kit to repair flat tires, unless these are puncture-proof. Also, keep an extra supply of inner tubes. Keep a pair of heavy gloves in your portable disaster supplies kit to use while wheeling or making your way over glass and debris. In areas prone to earthquakes, keep the wheelchair wheels locked and the wheelchair close to your bed at night to be sure it does not move or fall over.

If you use a motorized wheelchair or scooter

Have an extra battery. A car battery also can be used with a wheelchair but will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to know if you can charge your battery by either connecting jumper cables to a vehicle battery or connecting batteries to a converter that plugs into a vehicle's cigarette lighter. Caution: Charge only one battery at a time. If available, store a lightweight manual wheelchair for backup.

If you are Blind or have a visual disability

- Store a talking or braille clock or large-print timepiece with extra batteries.
- Have at least one extra white cane.
- Mark your disaster supplies items with fluorescent tape, large print, or braille.
- Mark your gas, water, and electric shutoff valves with fluorescent tape, large print, or braille.
- Store extra magnifiers.
- Have an extra pair of glasses if you wear them.
- Make photocopies of your information lists from this booklet.

If you are Deaf or have a hearing loss

- Consider getting a small portable battery-operated television set. Emergency broadcasts may give information in American Sign Language (ASL) or open captioning.
- Keep pads and pencils in your home disaster supplies kit and with your car disaster supplies. Keep them with you at all times for communication.
- Keep a flashlight, whistle or other noisemaker, and pad and pencil by your bed.
- Keep a card in the disaster supplies kits (in your home and car), and with you at all times that indicates that you are Deaf. Include any other appropriate communication information such as, "I do (or do not) know American Sign Language (ASL)," or, "My service animal may legally remain with me."

If you have a speech-related or communication disability

- Consider buying a power converter if you use a laptop computer to communicate. A power converter allows most laptops (12 volts or less) to be operated from the cigarette lighter on the dashboard of a vehicle.
- Be sure to have pencil and paper with you as a backup communication resource.
- If you use an augmentative communication device (such as an electronic communicator or artificial larynx) that allows you to communicate by voice, be sure to keep it close to you at night in a safe place.

label your disaster supplies—

- **Store copies of a word or letter board and preprinted key phrases you would use in case of an emergency in all of your disaster supplies kits, your wallet, purse, etc.**

If you use self-administered medical treatments

Keep in mind that traffic delays and/or severe weather hazards can happen when you do not expect them. Be sure to carry the equipment and fluids (temperature controlled) you will need when traveling.

If you have a cognitive disability

- **Keep a copy of any instructions or information you think you will need. Also, keep a copy of this information in the disaster supplies kits you keep both at home and in your car. Prepare this information in a way that is easy for you to understand. You may want to break down the information into a step-by-step outline. This format will help you remember what to do during the confusion of a disaster.**
- **Have a pencil and paper ready to keep track of any new instructions or information you may receive.**

Priority Reconnection Service

Florida law requires that all utility companies offer a "priority reconnection service" for people with disabilities who use power-dependent equipment. Contact your utility company for more information and to get placed on their priority reconnection list.

Service animal information

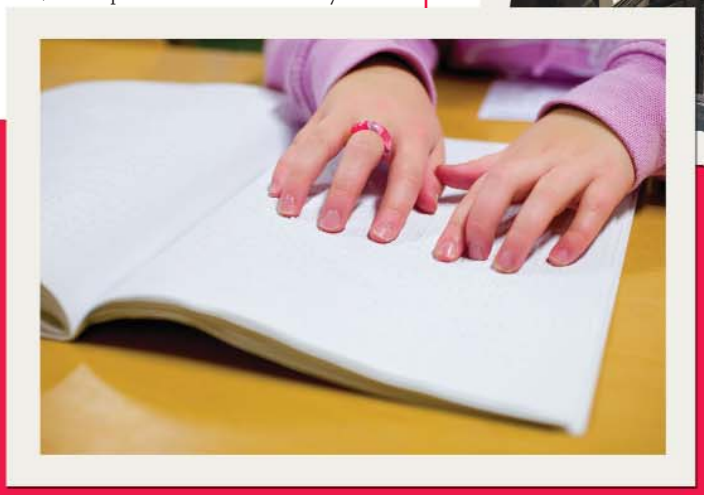
Service animals are allowed in hotels or motels and Red Cross shelters. However, these places cannot care for your animal. When you leave your home, remember to take a collar, harness, identification tags, records of vaccinations, medications, veterinarian contact, and food for your service animal with you.

ITEMS FOR SERVICE ANIMALS

- **Food**
- **Vaccination Records**
- **Vet Contact**
- **Additional water**
- **Leash/harness**
- **Identification tags**
- **Medications and medical records**
- **Litter/pan**
- **Carrier or cage**

Additional tips for people with disabilities

- **If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked. Plan and practice how to escape from your home.**



plan and practice how you would escape from home

- **For individuals who use telecommunications relay services, look into different options to use as back-up including: dialing 711 (nationwide), Cap Tel (captioned telephone), Internet-based relay (through computer, text pager, PDA, etc.), and/or video relay services (through broadband).**
- **Ask yourself what resources you rely on regularly and determine how a disaster might affect your use of them.**
- **Identify your disability-related or health condition need by writing it down or wearing medical alert tags or bracelets.**
- **If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.**
- **If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.**
- **Advocate for yourself. Practice how to quickly explain to people the best way to guide or move you and your adaptive equipment, safely and rapidly.**

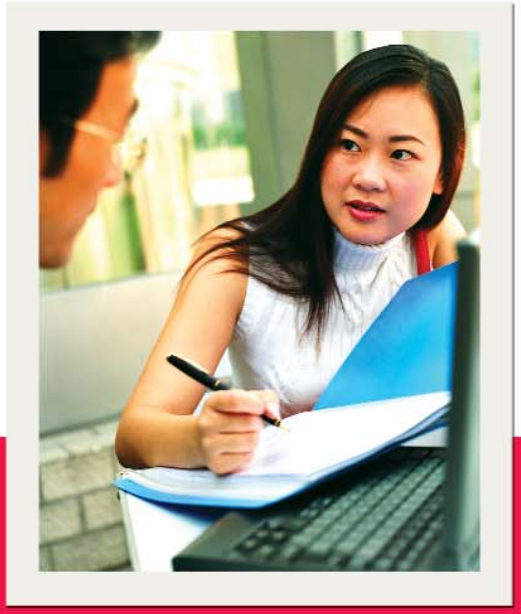
BRIEF, CLEAR, AND SPECIFIC INSTRUCTIONS

Be ready to give brief, clear, and specific instructions and directions to rescue personnel, either orally or in writing. For example, say or write these instructions:

- **"Please take my—**
  Oxygen tank.
  Wheelchair.
  Gamma globulin from the freezer.
  Insulin from the refrigerator.
  Communication device from under the bed."
- **"Please do not straighten my knees. They are fused in a bent position."**
- **I have had a brain injury. Please write down all important instructions and information."**
- **"I am blind/visually impaired. Please let me grasp your arm firmly."**
- **"I am deaf. Please write things down for me."**

When needed, ask for an accommodation from disaster response personnel. For example, let a responder or relief worker know if you cannot wait in lines for long periods for items like water, food, and disaster relief assistance. Practice how to explain clearly and briefly why you need this assistance. You may also want to write the explanation down ahead of time.

Source: American Red Cross, National Organization on Disability



be prepared with clear instructions

Managing Stress and Maintaining Mental Health

Disasters such as hurricanes, tornados, fires, or other sudden and tragic events not only cause damage to property and persons, they are also likely to result in significant distress to those involved. It is just as important to prepare ourselves emotionally and mentally for these challenges as it is to prepare our homes and businesses.

Here are some simple activities that can help you feel more in control during difficult and uncertain times, manage and decrease your stress, and speed your recovery from stressful experiences.

Before a disaster

- Review family disaster plan, check supplies and expiration dates.
- Have family meetings a couple of times each year to discuss how the family is prepared to remain safe during a disaster.
- Predetermine shelter in place or evacuate criteria. If you must evacuate, have a predetermined meeting place so that no one goes back into harm's way to search for someone who is safe.
- Encourage all family members to express their concerns about what might happen and what the plans are to deal with the various situations.
- Stay informed through trusted local and state authorities.

During a disaster

- Remain in a safe location; listen to the reports and directives from local authorities.
- Calmness is contagious. Remain calm, reassuring and informed.
- Rest and eat on a schedule if at all possible.
- Eat foods that are healthy and not high in fat or sugar. Minimize caffeine and alcohol intake (nuts, whole grains, dark green veggies, chicken and turkey are great choices for emotional health).
- If possible, do some mild exercises such as yoga, stretching, deep breathing or walking.
- Have toys, games, books or other forms of entertainment supplies that don't require electricity or batteries.

After a disaster

- Maintain healthy eating practices—this will help control your stress level.
- Get some exercise, even if it's just a brisk walk. Moving will help your body release tension and hasten your return to normal.
- Take frequent breaks.
- Focus on what you've accomplished, instead of what's left to do.
- Stay as close to your normal routine as possible.
- Children will follow the emotional lead of their parents. If you are stressed, your children will be also. If you stay calm and collected, your children will feel safer and more relaxed.

encourage all family members to express their concerns

- Encourage children to color or draw, and then describe what they've done. This lets you know what's on their minds.
- Older people may also become more nervous and dependant as well as more easily confused and upset. These symptoms often fade when the elderly have positive support.
- Take your time. Recovery is a process, not an event.
- Reach out to friends or relatives outside the area where you live. Stay connected to your support group (like your faith-based community or other social groups).
- If you are struggling to get back to normal, don't hesitate to reach out for help. Contact your employee assistance program (EAP) if you have one. Call 211, contact your local Community Mental Health association, or Red Cross disaster services.

Keep in mind

- The brain moves into a survivor mode, heart rate increases, you may have difficulty concentrating, or may become very emotional. Simple tasks can become more challenging and it may be difficult to understand all the information coming at you. These are normal reactions that may last several days after the event has ended.
- If the event is prolonged, the return to "normal" may also take more time.
- In most cases, our natural resiliency will allow us to bounce back emotionally as well as physically in a short time.
- Don't be afraid to reach out for assistance!

give the elderly positive support

Emergency Situations Defined

Terrorism

Terrorism is the unlawful use of violence—or the threat of it—to scare or intimidate people or governments.

The four types of terrorism:

- **Conventional (bombings and hijackings)**
- **Chemical (poison)**
- **Biological (bacteria and viruses)**
- **Radiological (nuclear weapons or radioactive materials)**

Terrorists tend to strike highly populated places or business and government centers. Other targets may involve transportation, healthcare, utilities and education.

In public

- **Be aware of your surroundings.**
- **Never leave personal property unattended.**
- **Report suspicious packages or behavior.**

During a terrorist incident

- **Stay calm.**
- **Follow instructions from emergency officials.**

Following a terrorist incident

- **Leave rescue efforts to trained personnel especially in a collapsed building.**
- **If you are trapped in debris, tap against a wall for rescuers to find you. Avoid yelling so as not to breathe in more dust or smoke.**
- **Follow emergency announcements to learn about assistance.**

In a chemical or radiological incident

- **Stay inside unless otherwise instructed.**
- **Go to a basement or below ground room for a radiological incident.**
- **Go to the highest room for a chemical incident, preferably without windows.**
- **Turn off all air handling units.**
- **Close windows and doors and seal off rooms.**
- **In a car or truck, close windows and vents and turn off the heat or air.**

Tornados

TORNADO WATCH: Tornadoes are possible in your area. Remain alert for approaching storms.*

TORNADO WARNING: A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your predesignated place of safety.*

SEVERE THUNDERSTORM WATCH: Severe thunderstorms are possible in your area.*

SEVERE THUNDERSTORM WARNING: Severe thunderstorms are occurring.*

What you can do before the storm

- **Develop a plan for you and your family for home, work, school and when outdoors.**
- **Have frequent drills.**
- **Know your county and keep a highway map nearby to follow storm movement from weather bulletins.**

**Source: FEMA, Red Cross*

do you know Florida's tornado seasons?

- Have a NOAA weather radio with a warning alarm tone and battery backup to receive warnings.
- Listen to radio and television for information.
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.

If a warning is issued or if threatening weather approaches

- In a home or building, move to a designated shelter.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car.
- If caught outside or in a vehicle, lie flat in a ditch or depression.
- Mobile homes, even if tied down, offer little protection from tornadoes and should be abandoned.

After the storm

- Stay away from disaster areas.
- Report broken power lines or gas lines.
- Leave your home if you smell chemical or gas fumes.

Florida has TWO tornado seasons

SUMMER SEASON The summer season, from June until September, has the highest frequencies with usual intensities of F0 or F1 on the Fujita Scale.

SPRING SEASON The deadly spring season, from February through April, is characterized by more powerful tornadoes because of the presence of the jet stream.

Flooding

STORM SURGE A dome of water pushed onshore by hurricane and tropical storm winds. Storm surges can reach 25 feet high and be 50–1,000 miles wide.*

STORM TIDE A combination of storm surge and the normal tide (i.e., a 15-foot storm surge combined with a two-foot normal high tide over the mean sea level creates a 17-foot storm tide).*

Before the flood

- Determine if you are in a flood plain.
- Refer to your emergency plan as to what you will do and where you will go in a flash-flood emergency.

When a flash-flood watch is issued for your area

- Listen to area radio and television stations and NOAA weather radio for warnings and reports of flooding in progress.
- Be prepared to evacuate immediately.
- If you are on a road, watch for flooding at highway dips, bridges and low area.
- Follow instructions from emergency officials.

When a flash-flood warning is issued for your area

- Save yourself and those who depend on you quickly.
- Do not attempt to cross a flooding stream on foot where water is above your knees.
- Don't try to drive through water. If your vehicle stalls, evacuate all passengers immediately to higher ground. Rising water may sweep the vehicle away causing potentially deadly consequences.

Source: Florida Department of Elder Affairs, Red Cross

storm surges can reach 25 feet high and be 50–1,000 miles wide

- **Avoid walking through deep water if you have open cuts or sores.**
- **Keep children away from floodwaters near culverts and storm drains.**
- **Be cautious at night when it is harder to recognize flood danger.**

Hurricanes

TROPICAL DEPRESSION An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 mph (33 knots) or less. Sustained winds are defined as one-minute average wind measured at about 33 feet (10 meters) above the surface.*

TROPICAL STORM An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39–73 mph (34–63 knots).*

HURRICANE/TROPICAL STORM WATCH Hurricane/tropical storm conditions are possible in the specified area, usually within 36 hours. Tune in to NOAA Weather Radio, commercial radio or television for information.*

HURRICANE/TROPICAL STORM WARNING Hurricane/tropical storm conditions are expected in the specified area, usually within 24 hours.*

HURRICANE An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 mph (64 knots) or higher.*

HURRICANE WATCH This watch should trigger your family's disaster plan, and protective measures should be initiated, especially those actions that require extra time such as securing a boat, leaving a barrier island, etc.*

HURRICANE WARNING Once this warning has been issued, your family should be in the process of completing protective actions and deciding the safest location to be during the storm.*

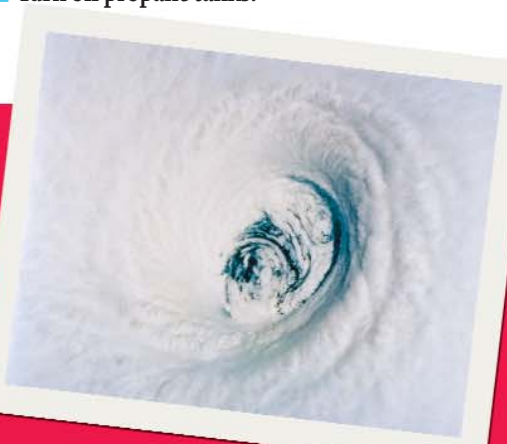
SHORT TERM WATCHES AND WARNINGS These warnings provide detailed information about specific hurricane threats, such as flash floods and tornadoes.*

What to do

- **Read this guide carefully.**
- **Decide where you plan to go if you are requested to evacuate. You may go to a hotel or motel, stay with friends or relatives in a safe location or go to a local shelter.**
- **Put together your disaster supplies kit as recommended in this guide.**
- **Plan for pets. Pets are not allowed in public shelters. If you need to make arrangements for your pet, contact your vet, local SPCA or Humane Society.**

When the storm approaches

- **Listen for weather updates. Hurricanes are unpredictable, so remain informed.**
- **Have your car ready. Check gas, oil, water and maintenance.**
- **Check your emergency evacuation supplies.**
- **Board up or put storm shutters on windows. When windows break, homes are destroyed.**
- **Clear your yard of loose objects, bicycles, lawn furniture, trash cans, etc. Tie down anything that can't be brought in.**
- **Secure your boat. Remember that most drawbridges and swing bridges will be closed to all boat traffic after the evacuation order is issued.**
- **Leave swimming pools filled. Super-chlorinate the water and cover pump and filtration systems and intakes.**
- **Turn off propane tanks.**



If you can stay home

- **Obtain and mark clean containers for storing water. You should have a minimum of one gallon per person per day.**
- **Obtain a week's supply of non-perishable foods. Don't forget a non-electric can opener.**
- **Check your disaster supplies kit.**
- **Stay inside, away from windows, glass doors and skylights.**
- **Avoid elevators.**
- **Don't use the telephone unless absolutely necessary.**
- **Wait for official word that the danger is over. Don't be fooled by the storm's calm eye. Full-force winds can start again in just seconds.**

If you must leave home, refer to the next page for tips on evacuation.

If a warning has been issued

In the event of a hurricane warning for your area, listen to local radio and television stations for frequent updates about the storm as well as advice from local officials. The intensity and the path of the hurricane can change quickly, and without notice.

Refer to page 2 for tips on how to build your emergency supply kit.

Nuclear Emergencies

In the event of a nuclear emergency, safety information will be broadcast on your local TV and radio stations and public alert systems.

The four levels of emergency alerts are:

- **Notification of an unusual event (lowest)—no radiation leak—no action needed.**
- **Alert—Small amounts of radiation may leak—no action needed.**
- **Site-area emergency—small amounts of radiation may leak but it isn't expected to travel offsite—stay alert to broadcast safety information.**
- **General emergency—(serious)—radiation could leak off-site—be prepared to evacuate or shelter-in-place.**
- **In the event of a general emergency, don't eat food from an outside garden unless emergency officials approve.**
- **If your car breaks down while evacuating, keep windows and vents closed and stay inside.**
- **Don't return home from an evacuation unless officials say it is safe.**

the intensity and the path of the hurricane can change quickly, and without notice

Evacuation

You will want to consider evacuating your home in the event of flood, fires, or hurricanes.

Local government will issue evacuation orders and alert the public using radio, television or other warning systems.

If You Must Evacuate

- **Take your emergency kit with you.**
- **Turn off water and electricity at the main valve, breakers or fuses.**
- **Turn off propane gas tanks that serve individual appliances like a stove or grill. Do not turn off natural gas unless local officials advise to do so.**
- **Follow the travel routes suggested and bring a map in case they are unfamiliar to you.**
- **If you don't drive, determine alternative methods of transportation.**

Go to page 2 to learn what you will need in an emergency kit you can take when you evacuate.

Lessons Learned from Past Hurricanes

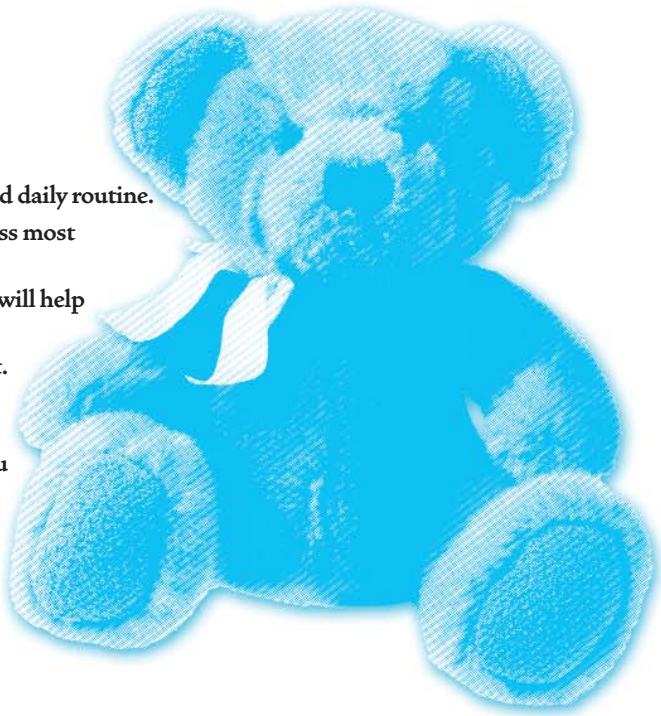
- **Remember that some areas of your state may have been asked to evacuate before yours, so even if you leave early, roads may be congested.**
- **If possible, you should know where you are going and how you plan to get there before you leave home.**
- **Using alternate routes may lessen your travel time. Know what alternate routes are viable before you leave.**
- **Leaving early will shorten your travel time. Leaving later may not allow you enough time to reach safe shelter.**
- **You will need cash and a full tank of gas.**

After a storm

- **Have valid identification. You will not be allowed back into your area unless you can show proof of residency.**
- **Stay at home and avoid sightseeing, which can impede emergency and recovery response from officials.**
- **Beware of snakes, insects and animals driven to higher ground.**
- **Avoid downed or dangling utility wires.**
- **Enter your house with caution.**
- **Be cautious with fires. Do not strike matches until you are certain there are no gas leaks.**
- **If a power outage occurs, turn off or disconnect all motor-driven appliances and fixtures to avoid damage from sudden surges when power is restored.**
- **Avoid using candles, as they may result in fire. Use a flashlight.**
- **Fill clean containers with water for drinking and cooking. Store water in a bathtub for washing and to flush toilets.**
- **Turn the refrigerator and freezer controls to the coldest settings.**
- **To keep spoiling and thawing of food to a minimum, open the refrigerator or freezer as seldom as possible during a blackout. Food will stay frozen for up to 48 hours if a freezer is full and tightly packed and the door is kept closed. Food in a partly filled freezer may keep for 24 hours.**
- **Fill empty freezer spaces with reusable ice containers, or fill empty milk containers about four-fifths full of water, cap the containers loosely and place in empty space.**
- **If food in the freezer does defrost, use it within one or two days. Never refreeze food that has thawed completely. How do you tell if food has gone bad? The rule of thumb is, "If in doubt, throw it out!"**

don't forget your map!

Help Children Cope with Disasters



- During a disaster, your family may have to leave your home and daily routine.
- Remind children that your family's emergency plan will address most incidents.
- As an adult, you'll need to cope with the disaster in a way that will help children avoid developing a permanent sense of loss.
- How you react to an emergency gives them clues on how to act. If you seem overcome with a sense of loss, a child may feel losses more strongly.
- Children's fears may also stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid.
- When talking with your child, be sure to present a realistic picture that is both honest and manageable.
- Monitor media exposure. Your child should not see or hear too many stories about the disaster.

Teach your child what to do in an emergency

They should learn to:

- Call for help.
- Call a family member or trusted friend of the family.
- Decide to take shelter or leave the home.

—take your child's fears seriously

Learn More about Services in Your Community

Online Resources

There are many online resources for you to get more information on disaster preparedness. If you do not have computer access at home, you may visit your local public library to do more research. These online resources include:

Florida Emergency Management Community: www.floridadisaster.org
Federal Emergency Management Agency: www.fema.gov
Red Cross: www.redcross.org and www.prepare.org
National Organization on Disability: www.nod.org/emergency
The National Center on Emergency Planning for People with Disabilities: www.disabilitypreparedness.org

Disaster Preparedness for People with Disabilities

One of the best guides on how people with disabilities should prepare for disasters was developed by the American Red Cross and is available for free at the following website: http://www.redcross.org/services/disaster/ beprepared/disability.pdf

The Americans with Disabilities Working Group's Clearinghouse on Disability Information is another resource to call to answer disaster preparedness questions. Its phone number is 1-877-ADA-4YOU or 1-877-232-4968. Also, the Florida Centers for Independent Living (CIL) are committed to assisting those with disabilities with planning for emergencies. If you need assistance with preparing, call 1-866-575-6004 or 1-877-822-1993 to connect to your local CIL.

Special Needs Registries

To learn about services, including Special Needs Shelters, provided by your county for those with special needs or to sign up for the Special Needs Registry, call your county.

Alachua
(352) 264-6500

Baker
(904) 259-6111

Bay
(850) 784-4000

Bradford
(904) 966-6336

Brevard
(321) 637-6670

Broward
(954) 537-2888
or TDD line,
(954) 537-2882

Calhoun
(850) 674-8075

Charlotte
(941) 833-4000

Citrus
(352) 746-6555

Clay
(904) 284-7703

Collier
(239) 252-3600

Columbia
(386) 758-1125

Dade
see Miami-Dade

DeSoto
(863) 993-4831

Dixie
(352) 498-1240

Duval
(904) 630-2472

Escambia
(850) 595-3311 or
(850) 471-6400

Flagler
(386) 313-4200

Franklin
(850) 653-8977

Gadsden
(850) 875-8642

Gilchrist
(386) 935-5400

Glades
(863) 946-6020

Gulf
(386) 935-5400

Hamilton
(386) 792-6647

Hardee
(863) 773-6373

Hendry
(863) 612-4700

Hernando
(352) 754-4083

Highlands
(863) 385-1112

Hillsborough
(813) 236-3800

Holmes
(850) 547-1112

Indian River
(772) 226-3859

Jackson
(850) 482-9678

Jefferson
(850) 342-0211

Lafayette
(386) 294-1950

Lake
(352) 343-9420

Lee
(239) 533-3622

Leon
(850) 488-5921

Levy
(352) 486-5213

Liberty
(850) 643-2339

Madison
(850) 973-3698

Manatee
(239) 533-3622

Marion
(352) 369-8100

Martin
(772) 287-1652

Miami-Dade
(305) 468-5400

Monroe
(305) 292-4591

Nassau
(904) 548-4980

Okaloosa
(850) 651-7150

Okeechobee
(850) 651-7150

Orange
(850) 651-7150

Osceola
(850) 651-7150

Palm Beach
(561) 712-6400

Pasco
(727) 847-8959 or
TDD line,
(727) 847-8959

Pinellas
(727) 464-3800

Polk
(863) 534-5600

Putnam
(386) 329-0379

Santa Rosa
(850) 983-5360

Sarasota
(941) 861-5000

Seminole
(407) 665-5102

St. Johns
(904) 824-5550

St. Lucie
(772) 462-8100

Sumter
(352) 569-6000

Suwannee
(386) 364-3405

Taylor
(850) 838-3575

Union
(386) 496-4300

Volusia:
Daytona Beach area
(386) 258-4088
West Volusia area
(386) 736-5980
Southeast
Volusia area
(386) 423-3395

Wakulla
(850) 926-0800

Walton
(850) 892-8066

Washington
(850) 638-6203

other phone numbers:

Government and Voluntary Agencies

Family, friends and neighbors who wish to assist elderly or special-needs storm survivors may find the following list of telephone numbers helpful.

Disaster contact information

Florida Emergency Information Line: 800-342-3557

FEMA Registration, first step for disaster assistance: 800-621-3362 or 800-621-FEMA

FEMA, TTY for hearing impaired: 800-462-7585

American Red Cross—food, shelter, financial assistance: 866-GET-INFO, 866-438-4636
To volunteer and donate:
800-HELP-NOW, 800-435-7669

The Salvation Army: 800-SAL-ARMY, 800-725-2769

Hunger Hotline, Florida Association for Community Actions: 800-329-3663

Feeding America—food: 800-771-2303

Florida Volunteer and Donations Hotline 800-354-3571

Elder Helpline, information and referral (Florida Department of Elder Affairs): 800-963-5337

Disaster Food Stamp Hotline (Florida Department of Children and Families): 866-762-2237

Florida Department of Financial Services, claims problems: 800-227-8676 or 800-22-STORM

Price Gouging Hotline (Florida State Attorney General): 800-646-0444

Price Gouging Hotline (Florida Department of Agriculture and Consumer Services): 800-HELP-FLA, 800-435-7352

Florida Abuse Hotline: 800-962-2873 or 1-800-96ABUSE

Small Business Administration Helpline, loans for applicants: 800-359-2227

Social Security Administration, information on programs: 800-772-1213

IRS, tax information: 800-829-1040

U.S. Department of Veterans' Affairs, information and referral: 800-827-1000

FEMA Fraud and Abuse Hotline (Department of Homeland Security): 800-323-8603

Florida Child Care—resource and referral: 866-357-3239

Florida Power & Light—outages update: 800-4OUTAGE, (800) 468-8243

Unemployment Claims (Agency for Workforce Innovation): 800-204-2418

County Health Departments

Addresses and phone numbers

Alachua County Health Department
P.O. Box 1327
224 S.E. 24th St.
Gainesville, FL 32641
(352) 334-7900
FAX (352) 955-6428

Baker County Health Department
480 W. Lowder St.
Macclenny, FL 32063
(904) 259-6291, ext. 2230
FAX (904) 259-1950

Bay County Health Department
597 W. 11th St.
Panama City, FL 32401
(850)872-4270, ext. 1122
FAX (850) 872-4824

Bradford County Health Department
1801 N. Temple Ave.
Starke, FL 32091
(904) 964-7732
FAX (904) 964-3024

→ *County Health Departments continued next page*

other phone numbers:

→ →

Brevard County Health Department
2575 N. Courtenay Parkway
Merritt Island, FL 32953
(850) 454-7111
FAX (321)454-7115

Broward County Health Department
780 S.W. 24th St.
Ft. Lauderdale, FL 33315
(954) 467-4705
FAX (954) 760-7798

Calhoun County Health Department
19611 S.R. 20 West
Blountstown, FL 32424
(850) 674-5645
FAX (850) 674-5420

Charlotte County Health Department
514 E. Grace St.
Punta Gorda, FL 33950
(941) 639-1181
FAX (941) 639-1458

Citrus County Health Department
3700 W. Sovereign Path
Lecanto, FL 34461
(352) 527-0068, ext. 261
FAX (352) 620-7565

Clay County Health Department
P.O. Box 578
301 S. West St.
Green Cove Springs, FL 32043
(904) 529-2801
FAX (904) 529-2803

Collier County Health Department
P. O. Box 429
3301 E. Tamiami Trail, Bldg. H 34112
Naples, FL 34106-0429
(239) 774-8205
FAX (239) 530-5387

Columbia County Health Department
217 N.E. Franklin St.
Lake City, FL 32055
(386) 758-1068
FAX (386) 758-3900

Dade County Health Department
see Miami-Dade County Health Department

DeSoto County Health Department
34 South Baldwin Ave.
Arcadia, FL 34266
(863) 993-4601
FAX (863) 993-4606

Dixie County Health Department
149 N.E. 241st St.
Cross City, FL 32628
(352) 498-1360
FAX (352) 498-1363

Duval County Health Department
900 University Blvd. N,
Jacksonville, FL 32211;
(904) 253-1000
FAX (904) 632-5338

Escambia County Health Department
1295 W. Fairfield Dr.
Pensacola, FL 32501
(850) 595-6500
FAX (850) 595-6745

Flagler County Health Department
P.O. Box 847
301 S. Lemon St.
Bunnell, FL 32110
(386) 437-7350
FAX (386) 437-8207

Franklin County Health Department
139 12th St.
Apalachicola, FL 32320
(850) 653-2111
FAX (850) 653-9896

Gadsden County Health Department
P.O. Box 1000
278 LaSalle LeFall Dr.
Quincy, FL 32353
(850) 875-7200, ext. 325
FAX (850) 627-9134

Gilchrist County Health Department
119 N.E. 1st St.
Trenton, FL 32693
(352) 463-3120
FAX 352-463-3425

Glades County Health Department
P.O. Box 489
998 Hwy. 27
Moore Haven, FL 33471
(863) 946-0707
FAX (863) 946-3097

Gulf County Health Department
2475 Garrison Ave.
Port St. Joe, FL 32456
(850) 227-1276
FAX (850) 227-1766

Hamilton County Health Department
P.O. Box 267
209 S.E. Central Ave.
Jasper, FL 32052
(386) 792-1414
FAX (386) 792-2352

Hardee County Health Department
115 K.D. Revell Rd.
Wauchula, FL 33873-2051
(863) 773-4161
FAX (863) 773-0978

Hendry County Health Department
P.O. Box 70
1140 Pratt Blvd.
LaBelle, FL 33975-0070
(863) 674-4056, ext. 108
FAX (863) 674-4605

Hernando County Health Department
300 South Main St.
Brooksville, FL 34601
(352) 540-6800
FAX (352) 754-4132

Highlands County Health Department
7205 S. George Blvd.
Sebring, FL 33875
(863) 386-6040, ext. 215
FAX (863) 386-6048

Hillsborough County Health Department
1105 East Kennedy Blvd.
Tampa, Fl 33602
(813) 307-8000
FAX (813) 272-6984

→ →

other phone numbers:

→ →

Holmes County Health Department
P.O. Box 337
603 Scenic Circle
Bonifay, FL 32425
(850) 547-8500
FAX (850) 547-8515

Indian River County Health Department
1900 27th St.
Vero Beach, FL 32960
(772) 794-7400
FAX (772) 794-7453

Jackson County Health Department
P.O. Box 310
3045 4th St.
Marianna, FL 32446
(850) 526-2412
FAX (850) 482-9978

Jefferson County Health Department
1255 W. Washington St.
Monticello, FL 32344
(850) 342-0170
FAX (850) 342-0257

Lafayette County Health Department
P.O. Box 1806
140 S.W. Virginia Circle
Mayo, FL 32066-1806
(386) 294-1321
FAX (386) 294-3876

Lake County Health Department:
P.O. Box 1305
(16140 U.S. Hwy. 441)
Tavares, FL 32778
(Eustis, FL 32726)
(352) 589-6424
FAX (352) 589-6492

Satellite Office
835 7th St. Bldg. B, Suite 4
Clermont, FL 34711
(352) 394-4399, ext. 113

Lee County Health Department
3920 Michigan Ave.
Ft. Myers, FL 33916
(239) 332-9501
FAX (239) 332-9656

Leon County Health Department
P.O. Box 2745
2965 Municipal Way
Tallahassee, FL 32316
(850) 606-8150
FAX (850) 487-7954

Levy County Health Department
P.O. Box 40
66 W. Main St.
Bronson, FL 32621
(352) 486-5300
FAX (352) 486-5307

Liberty County Health Department
P.O. Box 489
12832 North Central Ave.
Bristol, FL 32321
(850) 643-2415
FAX (850) 643-5689

Madison County Health Department
218 S.W. 3rd Ave.
Madison, FL 32340
(850) 973-5000
FAX (850) 973-5006

Manatee County Health Department
410 6th Ave. E.
Bradenton, FL 34208-1968
(941) 748-0747
FAX (941) 741-3722

Marion County Health Department
P.O. Box 2408
1801 S.E. 32nd Ave.
Ocala, FL 34478
(352) 629-0137
FAX (352) 694-1613

Martin County Health Department
3441 S.E. Willoughby Blvd.
Stuart, FL 34994
(772) 221-4000
FAX (772) 221-4990

Miami-Dade County Health Department
8175 N.W. 12th St.,
Suite 300
Miami, Florida 33126
(305) 324-2400
FAX (786) 336-1297

Monroe County Health Department
P.O. Box 6193
1100 Simonton St.
Key West, FL 33041-6193
(305) 293-7500
FAX (305) 292-6872

Nassau County Health Department
P.O. Box 517
30 South 4th St.
Fernandina Beach, FL 32035-0517
(904) 548-1800
FAX (904) 277-7286

Okaloosa County Health Department
221 Hospital Drive, N.E.
Ft. Walton Beach, FL 32548
(850) 833-9240
FAX (850) 833-9252

Okeechobee County Health Department
P.O. Box 1879
1728 N.W. 9th Ave.
Okeechobee, FL 34973
(863) 462-5819
FAX (863) 462-5790

Orange County Health Department:
6101 Lake Ellenor Dr.
Orlando, FL 32809
(407) 858-1400
FAX (407) 858-5514

East Orlando Satellite Office
12050 E. Colonial Dr.
Orlando, FL 32826
(407) 249-6232, ext. 249

Osceola County Health Department
P.O. Box 450309
1875 Boggy Creek Rd.
Kissimmee, FL 34745-0309
(407) 343-2000
FAX (407) 343-2002

Palm Beach County Health Department
PO Box 29
800 Clematis St.
West Palm Beach, FL 33402
(561) 840-4500
FAX (561) 355-3035

Pasco County Health Department:
10841 Little Rd.
New Port Richey, FL 34654
(727) 861-5250
FAX (727) 861-4816

other phone numbers:

→ →

Pinellas County Health Department
205 Dr. Martin Luther King Jr. Blvd. N.
St. Petersburg, FL 33701
(727) 824-6900
FAX (727) 820-4275

Polk County Health Department
1290 Golfview Ave.
Bartow, FL 33830
(863) 519-7900
FAX (863) 519-7587

Putnam County Health Department
2801 Kennedy St.
Palatka, FL 32177
(386) 326-3200
FAX (386) 326-3350

Santa Rosa County Health Department
P.O. Box 929
5527 Stewart St.
Milton, FL 32572-0929
(850) 983-5200
FAX (850) 983-5215

Sarasota County Health Department:
P.O. Box 2658
Sarasota, FL 34230-2658
(941) 861-2900
FAX (941) 861-2584

Venice Office, Vital Records, Satellite Office
7810 S. Tamiami Trail
Unit A-5
Venice, FL 34293
(941) 861-3300

Seminole County Health Department
400 West Airport Blvd.
Sanford, FL 32773-5496
(407) 665-3000
FAX (407) 665-3385

St. Johns County Health Department
1955 U.S. 1 South, Suite 100
St. Augustine, FL 32086
(904) 825-5055
FAX (904) 823-4062

St. Lucie County Health Department
5150 N.W. Milner Rd.
Port St. Lucie, FL 34983
(772) 462-3800
FAX (772) 873-4941

Sumter County Health Department:
P.O. Box 98
415 E. Noble Ave.
Bushnell, FL 33513
(352) 793-6979
FAX (352) 568-0930

Wildwood Satellite Office
104 Rutland St.
Wildwood, FL 34785
(352) 330-1313, ext. 245
FAX (352) 568-0930

Suwannee County Health Department
P.O. Drawer 6030
915 Nobles Ferry Rd.
Live Oak, FL 32060
(386) 362-2708
FAX (386) 362-6301

Taylor County Health Department
1215 Peacock Avenue
Perry, FL 32347
(850) 584-5087, ext. 174
FAX (850) 584-8653

Union County Health Department
495 East Main St.
Lake Butler, FL 32054
(386) 496-3211
FAX (386) 496-1599

Volusia County Health Department
P.O. Box 9190
(use zip code 32120)
1845 Holsonback Dr.
Daytona Beach, FL 32117
(386) 274-0500
FAX (386) 274-0506

Wakulla County Health Department
48 Oak St.
Crawfordville, FL 32327
(850) 926-3591
FAX (850) 926-1938

Walton County Health Department
362 State Hwy 83
DeFuniak Springs, FL 32433
(850) 892-8015
FAX (850) 892-8457

Washington County Health Department
P.O. Box 648
1338 South Blvd.
Chipley, FL 32428
(850) 638-6240
FAX (850) 638-6244

other phone numbers:

Information and Referral

POLICE DEPARTMENT/SHERIFF PHONE NUMBER

FIRE DEPARTMENT PHONE NUMBER

LOCAL EMERGENCY SERVICES PHONE NUMBER

HEALTH-CARE PROVIDER PHONE NUMBER

HEALTH CLINIC/HOSPITAL PHONE NUMBER

CIVIL DEFENSE/EMERGENCY MANAGEMENT OFFICE PHONE NUMBER

THE POISON CONTROL CENTER: 1-800-222-1222

ELDER HELPLINE, 1-800-96-ELDER (1-800-963-5337): Access to information regarding elder services and activities is available through the Elder Helpline Information and Referral service with each Florida county for the hearing or speech impaired, all Elder Helplines can be accessed through the Florida Relay by simply dialing 711 from anywhere in the state.

IMPORTANT NAMES AND NUMBERS

other phone numbers:

People in your Plan:

NAME	AGE	SPECIAL NEEDS	SPECIAL SKILLS	OTHER INFORMATION

Communication Plan

	MEETING PLACES IF WE NEED TO LEAVE HOME
First	
Second (meeting place outside of our neighborhood)	

Out-of-town contact person:		
Name:	Phone:	Email:

Plan Maintenance Chart

Check off task and enter date performed.

	6 MOS.	1 YR.	18 MOS.	2 YRS.
Review plan and quiz. _____DATE				
Hold fire and emergency evacuation drills. _____DATE				
Replace stored food and water. _____DATE				
Check fire extinguishers and recharge. _____DATE				

notes:

notes:

notes:

Office of Public Health Preparedness
Division of Emergency Medical Operations
Florida Department of Health
4052 Bald Cypress Way
Tallahassee, Florida 32399
Phone: 850/245-4128
www.doh.state.fl.us/demo/php/

Agency for Persons With Disabilities
4030 Esplanade Way
Suite 380
Tallahassee, Florida 32399-0950
Phone: 850/488-4257
Toll Free: 1-866-APD-CARES or 1-866-273-2273

FLORIDA DEPARTMENT OF HEALTH

apd
agency for persons with disabilities
State of Florida

May 2010

DH 150-796, 4-08 Stock Number 5730-796-0150-1