

Get prepared for hurricane season



Assistant to the President for Community Services
Christina Vela Davidson

With so much to worry about, I hate to add another item to your list, but it is that time of year. We must be ready to deal with hurricanes, floods and tornadoes. The 2020 Atlantic hurricane season has started off at a rapid pace and has the potential to be one of the busiest on record. The National Oceanic and Atmospheric Administration (NOAA) has reported that the 2020 hurricane season could be “extremely active.” NOAA is now predicting up to 24 named storms, including 12 total hurricanes and five

major hurricanes—each figure about double that of a normal season. If the forecast proves accurate, 2020 would be the second-most active Atlantic hurricane season on record.

Sisters and brothers, hurricane season is here, and it is hitting the Atlantic and Pacific. Also, derecho winds storms are hitting throughout the Midwest. As I stated in my June article, having a plan can reduce anxiety and save lives and property.

Be ready to evacuate your home, and know how to treat basic medical problems. Make sure you have the proper insurance covering your home and items within, including specific types of coverage such as flood/flood content.

The below information can help you build an emergency supply kit. Make sure your emergency kit is stocked with the items on the checklist below and anything else you deem necessary. As you prepare, consider any special needs, including mobility, disability and medical issues. It also is important to have plans for communication, vital records, each family member and pets.

After a disaster, you may need to survive on your own for several days. Being prepared means having 72 hours’ worth of food, water and other crucial supplies.

A basic emergency supply kit could include the following recommended items:

- ter per person per day for at least three days
- Food—at least a three-day supply of nonperishable food
- Battery-powered or hand-crank radio and an NOAA weather radio with tone alert
- Flashlight
- First-aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air
- Plastic sheeting and duct tape to shelter in place
- Moist wipes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

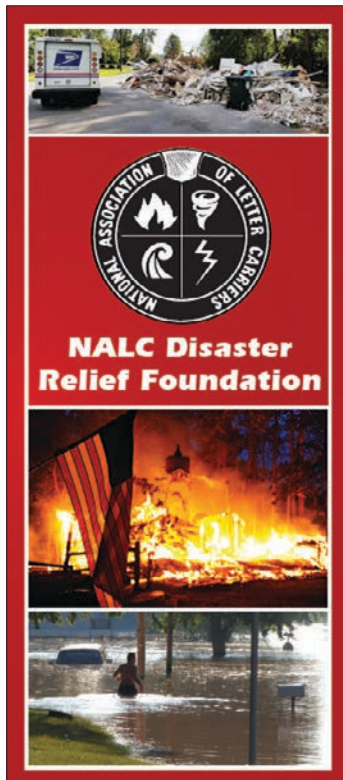
You may also want to add these additional emergency supplies to your kit based on your individual needs:

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, etc.
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes and rash cream
- Pet food and extra water for your pet
- Cash or travelers’ checks
- Important documents such as copies of insurance policies, identification and bank records
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate, and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and utensils
- Paper and pencils
- Books, games, puzzles or other activities for children

Store items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers, such as a plastic bin or a duffel bag. Maintain your kit and store it in a cool, dry place.

As disasters come and go, you may want to re-think and update your kit to meet your family’s needs. Natural or human-made disasters cause emotional distress. Recovery can take time. Brothers and sisters, stay connected to your family and friends during this period.

If you are affected by a natural disaster; please contact the NALC Disaster Relief Foundation at 100 Indiana Ave. NW, Washington, DC 20001-2144 or DisasterReliefFoundation@nalc.org, or visit the website nalc.org/disaster.



- Water—a gallon of wa-