

Preparation for Hurricane Season

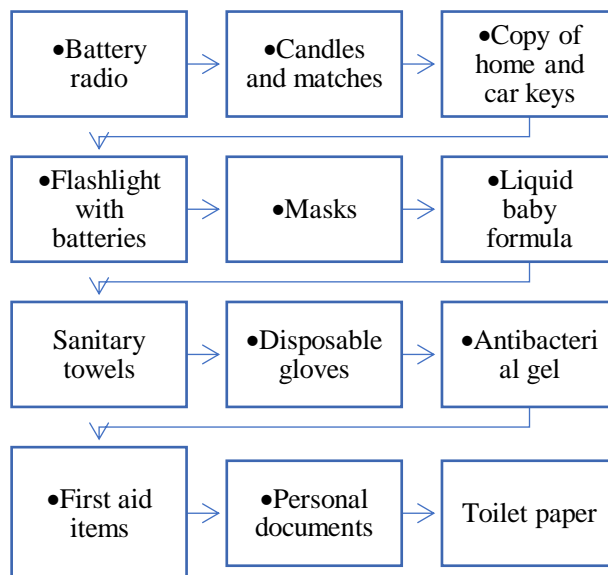


The storm and hurricane season begins on June 1 and extends until November 30 of each year. Tropical cyclones are organized systems, whose winds blow around a center or eye in a counterclockwise direction. Also, they are categorized according to the intensity of sustained winds, using classifications:

- **Tropical depression:** organized cloud system with a defined circulation and whose maximum sustained winds are less than 39 mph.
- **Tropical storm:** organized cloud system with a defined circulation and whose maximum sustained winds fluctuates between 39 and 73 mph.
- **Hurricane:** Tropical cyclone of strong intensity, whose maximum sustained winds reach or exceed 74 mph. In addition, it has a defined center (eye), which has low pressure.

- You can store them digitally on a portable device and send them to your email.
- Keep your car's gas tank full.
- Make sure you have supplies to last 10 to 15 days per person, including pets.

Prepare an emergency backpack that includes at least:



Make a Family Emergency Plan with your family:

- Take inventory of essential items.
- Identify safe places in case you must leave home.
- Consider members with physical disabilities and pets.
- Identify a family meeting point.
- Consider the health conditions or medical problems of each household member.
- Identify shelters and evacuate your home if ordered by authorities.
- Have important documents for all family members (medical plan cards, birth certificates, social security cards, licenses, wills, and passports).



Necessities for hurricane:

- Nonperishable food
- Water, batteries, etc.
- Medicines
- Fuel
- Pet food
- To protect yourself from respiratory illnesses like COVID-19, include items such as hand sanitizer, soap, and two masks for each person.



Stress management

The arrival of an atmospheric event can create feelings of stress, fear, anxiety, worry, sadness and can be difficult to manage. Follow these recommendations:

- Assess the current state.
- Plan activities for before, during and after the atmospheric event.
- Allow children and older adults to choose board games or other recreational activities.
- Plan for the arrival of hurricane season.
- Stay in communication with your family members.
- Get enough rest.
- Avoid excessive alcohol consumption as an alternative to channel emotions.
- Seek professional help if necessary.



After a tropical cyclone

- Stay informed through the media.
- Do not use electrical appliances that have become wet.
- If there is no electricity, use flashlights instead of candles. These can cause fires if they are not monitored or placed in an unsafe place.
- Never use an electric generator inside the home. It should be located at least 20 feet away and in an open place where gases can escape to prevent poisoning or explosions.
- Use repellents or mosquito nets to prevent mosquito bites.
- Be alert to warnings of possible life-threatening events.

Telephones in case of an emergency

Have a list of phone numbers to call in case of an emergency:

- 9-1-1
- State Agency for Emergency Management and Disaster Administration: (787) 724-0124
- Puerto Rico Police: (787) 793-1234
- Puerto Rico Firefighters (787) 725-3444

Remember:

Hurricane season begins June 1 and runs through November 30 each year. It is important to prepare in advance and develop a family contingency plan prior to hurricane season.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after hurricane season, please, visit your primary doctor or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References

<https://www.fda.gov/consumers/articulos-para-el-consumidor-en-espanol/temporada-de-huracanes-preparesse>

<https://www.noaa.gov/prep-rese-antes-de-la-temporada-de-huracanes>

<https://www.cdc.gov/spanish/nceh/especiales/huracanes/index.html>

Prepared by licensed Health Educators.

Reviewed in February 2024.

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