



Hurricane Season

Hurricane season begins on June 1 and ends on November 30 of each year. It is important to establish a family emergency plan. Remember that the COVID-19 pandemic can affect the disaster preparedness and recovery process.

What is a tropical cyclone?

They are organized systems, whose winds blow around a center or eye in a counterclockwise direction. These are classified according to the intensity of the sustained winds:

- Tropical Depression: organized cloud system with a defined circulation and whose maximum sustained winds are less than thirty-nine (39) mph.
- Tropical Storm: organized cloud system with a defined circulation and whose maximum sustained winds fluctuate between thirty-nine (39) and seventy-three (73) mph
- Hurricane: tropical cyclone of strong intensity, whose maximum sustained winds reach or exceed seventy-four (74) mph. It has a defined center (eye), which has low pressure.

Family Emergency Plan

- Make an inventory of the essential items available. Include non-perishable food, water, batteries, medications (insulin should be stored away from heat), fuel, and pet food among others.
- Prepare a plan for your purchases of missing items by following COVID-19 prevention measures.
- Identify safe places in case you have to leave


home. Consider members with a motor disability and pets.

- Identify a family meeting point.
- Consider the health and medical problems of people 65 and older.
- Identify shelters and evacuate your home if ordered by authorities.
- Bring important documents for all members (health plan cards, birth certificates, social security cards, licenses, wills, and passports). We recommend that you save them digitally on a portable device and send them to your email.
- Keep your cars with a full tank of gas.
- Stay informed through media such as radio and television.
- Make sure you have 10–15-day supplies per person.

Prepare the Emergency Backpack

- ✓ Portable radio
- ✓ Flashlight with batteries
- ✓ Candles and matches
- ✓ Personal documents
- ✓ Masks
- ✓ First aid supplies
- ✓ Disposable gloves
- ✓ Copy of home and car keys
- ✓ Antibacterial gel of at least 60%
- ✓ Sanitary napkins
- ✓ Sanitary paper
- ✓ Liquid formula for babies

In times of pandemic

Put together a “to go kit” including items that can help protect yourself and others from COVID-19, such as hand sanitizer with at least 60% alcohol, bar or liquid soap, disinfectant wipes (if you have one), and two masks for each person. 

It is important that you always wear the mask and practice social distancing (6 feet between people).

Stress management


- The arrival of an atmospheric event can create feelings of stress, fear, anxiety, worry, sadness and can be difficult to handle.
- Make an assessment of the current state.
- Plan different activities for before, during and after the atmospheric event.
- Allow children and older adults to choose board games or other recreational activities.
- Plan for hurricane season. Stay in communication with your family members.
- Stay in touch with your family members.
- Rest long enough for your body.
- Avoid excessive alcohol consumption as an alternative to channel emotions.
- Seek professional help if necessary.

After a tropical cyclone

- Stay informed through radio and television.
- Do not use electrical appliances that have gotten wet.
- If there is no electricity, use flashlights instead of candles. These can cause fires if they are not guarded or placed in a safe place.
- Never use a power plant within 20 feet of a window, open door, or exit where gases can enter a closed area.
- Use repellants or mosquito nets to prevent mosquito bites.

- Always heed the warnings of possible events that could put your life at risk.

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
- Firefighters of Puerto Rico (787) 725-3444

Remember:

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

Social and Emotional Aspect

For tips, 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 care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

CDC. Retrieved from

<https://www.cdc.gov/es/disasters/hurricanes/covid-19/prepare-for-hurricane.html>.

CDC. Retrieved by

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

<http://www2.pr.gov/agencias/aemead/Pages/Home.aspx>

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