

## Preparation for Hurricane Season



The storm and hurricane season starts from June 1st to November 30th of each year. Tropical cyclones are organized systems whose winds blow around a defined center or eye in a counterclockwise direction. They are classified according to the intensity of sustained winds:

- **Tropical Depression:** organized system of clouds with a defined circulation and whose maximum sustained winds are less than 39 mph.
- **Tropical Storm:** organized system of clouds 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. It has a defined center (eye), which has low pressure.

### Make a Family Emergency Plan with your family:

- Take inventory of available essential items. Include non-perishable food, water, batteries, medications (insulin should be stored away from heat), fuel, pet food and more.
- 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 member of the household.
- Identify shelters and evacuate your home if ordered by authorities.
- Secure and carry important documents for all family members (health plan cards, birth certificates, social security cards, licenses, wills, and passports). Also, you can store 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 for people and pets.

### Prepare an emergency backpack that includes at least:

- Battery powered radio
- Flashlight with batteries
- Equipment loaders
- Candles and matches
- Copy of house and car keys
- Personal documents
- First aid items
- Antibacterial gel with at least 60% alcohol
- Disposable gloves
- Masks
- Sanitary towels
- Sanitary paper
- Liquid infant formula



### COVID-19

To protect yourself from COVID-19, include in your kit items such as hand sanitizer with at least 60% alcohol, bar, or liquid 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 different activities for before, during and after the weather event.
- Allow children and older adults to choose board games or other recreational activities.
- Plan for hurricane season.
- Keep in touch with your family members.
- Get plenty of 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 been wet.
- If there is no electricity, use flashlights instead of candles. These can cause fires if they are not watched or placed in a safe place.
- Never use an electrical generator inside the home. It should be located at least 20 feet away and in an open area where gases can escape to prevent poisoning or explosion.
- Use repellents or mosquito nets to prevent mosquito bites.
- Watch for warnings of possible life-threatening events.

### Phone numbers 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 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 emotional and physical concerns 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 from

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

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

Prepared by licensed Health Educators.

Revised in April 2022.

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