

RCMA Hurricane Plan Preparation at Home for your Family 2023 Revision



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RCMA Hurricane Plan

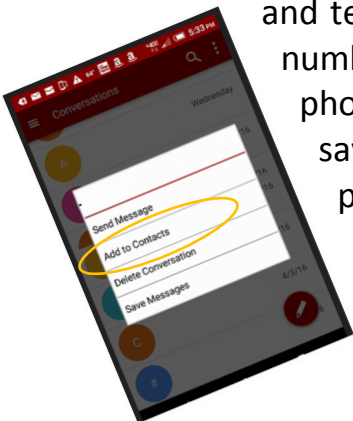
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Hurricanes, Florida’s largest and most severe natural disaster, happen during a specific season and can be forecast days in advance. Major hurricanes tend to occur in August – October. RCMA’s rule is to close centers when their county public school district closes before a storm (they are well connected to the EOC as each county’s risk is assessed!).

RCMA has an automatic calling service to alert families and staff when the center must close because of a storm or some other problem. RCMA or your center coordinator will send a voice call and text message to you and all other families. The number that your phone will show is not an RCMA phone number. When you get an Alert call from us, save the number and name it **RCMA Alert** in your phone’s contact list. This will be helpful to you for future emergency alert calls from RCMA.



PART 1: PREPARATION AT HOME FOR YOUR FAMILY

Florida's hurricane season is **June 1 – Dec 1** every year. Prepare for your own family before the beginning of each season. Plan ahead and add a few items to your Disaster Supply Kit each paycheck so it is complete before a storm approaches. There are many preparation guides available online, check out <http://FloridaDisaster.org> and local community resources.

RCMA Centers will close before a storm when the public schools close. We will re-open as soon as possible after the storm. We will help our staff and families after a damaging storm. Prepare in advance for a storm. These are things you can do long before Hurricane Season to be ready for any emergency.

Get your IMPORTANT PAPERS together

Collect these papers in a small file box you can take with you if you must evacuate in any emergency. Having them all together and easy to carry will help!

- a. Photo ID cards, birth certificates, social security cards
- b. Immunization and health records, health insurance cards, Doctor & dentist names & addresses, lists of family members' current prescriptions
- c. Immigration, naturalization papers, passport
- d. Court and custody records
- e. Vehicle title and home mortgage papers
- f. Property, health and life insurance papers
- g. Diplomas, Certifications, Training Transcript
- h. Photos of your property (home, vehicles, etc)
- i. Telephone numbers of family members
- j. Very special family photographs

**Make a family FIRST-AID KIT**

Collect items you already have or buy missing items when you can.

- Band-Aids, tweezers, triple antibiotic ointment, gauze
- Aspirin and non-aspirin pain reliever
- Anti-diarrhea medication (Imodium), Antacids
- Antihistamine like Benadryl, Allegra
- After bite sting treatment for ants, wasps

**Pre-register if you will need a Special Needs Shelter**

Check in your County for the locations of Special Needs Shelters. Pre-register if you have elderly, disabled, or electricity dependent family members. Check with your County EOC <https://www.floridadisaster.org/counties/> This links to a list of all county Emergency Managers.

If you have a family member living in an Assisted Living Facility or Nursing Home, it is important to know what the Facility's Emergency Plan covers.

Start your Disaster Supply Kit

*Hint — Money is tight, so first collect what you already have, then purchase a few extra canned goods or items from the list each time you go to the store. Put them on a **hurricane shelf** or in an **emergency box**. This will help you have everything together in case of a storm. Then just keep rotating them out and you will be prepared each year.

Disaster Supply Kit Contents

- WATER – at least 1 gallon per person per day for 3 – 7 days for drinking and cooking (Example: 4 people in my family for a 5 day supply = 20 gallons needed)
- FOOD Store *at least* a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water – food your family will eat.
 - Ready-to-eat canned meats, chili, soup, fruits and vegetables
 - Protein or fruit bars, dry cereal or granola
 - Peanut butter, dried fruit, nuts
 - Crackers, cookies
 - Canned juices, Gatorade
 - Non-perishable pasteurized milk
 - High energy foods
 - Comfort/stress foods



- Manual can-opener
- Charcoal and grill or propane stove and propane to cook, matches, aluminum foil
- RADIO -- A crank or battery operated radio or TV and extra batteries (*Find out which radio station will do emergency broadcasting during the storm and tune your radio to that station ahead of time.*)
- WEATHER ALERT AM/FM RADIO A battery or crank operated, to monitor 24 hour weather and news information
- BATTERY POWER PACK for extra cell phone recharges (solar is good!)
- FLASHLIGHTS One flashlight per person and extra batteries to fit each flashlight. Headlights or cap lights leave your hands free to cook, take care of children, or fix problems. Look for ones that use AA or AAA batteries.
- A standard telephone that needs no electricity (if you have land line phone service)
- PRESCRIPTION MEDICINES for family members with medication – at least a 3 week supply.
- BLEACH Regular unscented household (5-6%) bleach (Clorox) to use as a disinfectant and to purify drinking water



Bushnell Cap Light
Uses 1 AAA battery
Walmart

- Ice for Coolers (freeze water in clean plastic jugs before the storm)
- CLEANING WATER Other buckets and containers filled with tap water to use for washing & flushing toilets. Seal the bathtub drain with silicone caulk then fill it with water to use this way. Fill clean trash cans with rain water (then cover to keep dirt/bugs out) to use for washing and flushing. Purify as above if needed for drinking water. This extra water is especially important if your water is from a well that needs electricity to run the pump.
- MOSQUITO REPELLENT
- Large tarp, rope, and duct tape, shut-off wrench to turn off household gas and water, tools, plywood or boards to cover windows, brace inswing doors.

Drinking Water Purification Chart		
Amount of Water	Amount of 5-6% Bleach	
	Clear Water	Cloudy Water
1 Quart	2 drops	4 drops
1 Gallon	8 drops	16 drops
5 Gallons	1/2 teaspoon	1 teaspoon



- Personal hygiene items
 - Toilet paper, antiseptic wipes, baby wipes
 - Soap, liquid detergent
 - Personal hygiene items, deodorant
 - Feminine supplies (sanitary napkins, tampons)
 - Small and large plastic garbage bags, ties (for personal sanitation uses)
 - Plastic bucket with tight lid
- Clothing and Bedding
 - One complete change of clothing and shoes per person
 - Blankets or sleeping bags
 - Sturdy shoes or work boots
 - Work gloves and sun hat, sunglasses, Rain gear or poncho
- Special Items
 - For Baby, toddlers
 - Formula (powdered formula to mix each bottle fresh), Pedialyte
 - Comfort items “Lovey”, pacifier
 - Diapers and diaper wipes
 - Bottles, nipples, plastic bag type bottle liners
 - Medications
 - For Adults
 - Prescription drugs, contraceptives/condoms, heart and high blood pressure medication, Insulin in cooler
 - Feminine hygiene products
 - Extra eye glasses, Contact lenses and supplies
 - Hearing aids
 - Denture needs
- BLACK SHARPIE PERMANENT MARKER – write your name, phone number on young children’s belly if you might get separated in a rescue situation
- PETS – food, a carrier or cage, collar with ID tag & leash, immunization records, medicine
- ENTERTAINMENT: Small toys, games and books

Your Family’s Notes:



When a Storm is Forecast! Make Final Preparations at YOUR HOME!**1. Get your Family's TOP THREE**

- MONEY:** Get enough cash from your bank to last for several days. ATM machines will not work if the power is out.
- GASOLINE:** Fill up vehicles with gas in case you must evacuate. Do not park under trees.
- PRESCRIPTIONS:** Get prescription refills for family members who take medicine. They should have enough to last for 3 weeks.



- 2. FAMILY COMMUNICATION:** Arrange ahead of time in your extended family for family members to contact one person who lives far outside the storm area. Tell this contact person if you plan to stay in your home or which shelter you will go to. Your phone service will be spotty – send a simple text to say you are safe. They will tell others in your family.

- 3. IMPORTANT PAPERS** Double check these papers in your small file box. Update if anything changed since you prepared your box. Take the box with you if you evacuate. Put the box in a sealed plastic bag if you decide to stay at home.



- 4. Check your Disaster Supply Kit** and shop for missing or last minute supplies if necessary. Put your emergency supplies in plastic bags in easy reach in your house.

- 5. REFRIGERATOR and FREEZER.** Turn both to the coldest temperature setting. Keep the doors closed to keep food cold. Freeze some gallons of drinking water – to keep food cold in coolers and drink the water when they thaw.



- 6. Secure all doors, windows,** and other openings against wind and water. Install hurricane shutters or cover windows with boards or plywood. If your door swings IN to your house, brace the door closed with 2x4s so the high winds will not blow it open during the storm. Use silicone caulk to seal any cracks, gaps, or holes – especially around openings where cables and pipes enter the house.

- 7. Outdoors --** Tie down or bring indoors any objects that might be blown away by high winds.

8. Decide: Stay or Go?

- a. If you decide to stay at home and “shelter-in-place” – decide on the safest place in your home and prepare it with your emergency supplies. An interior bathroom or large closet, away from windows. During the storm, close all the interior doors, it makes your house and roof stronger against the wind.
- b. If you decide or are ordered to evacuate – Prepare your home, take your shelter supplies and go to a designated shelter. Leave in time to arrive before the storm hits.

**EVACUATE
OR SHELTER
IN PLACE?**

If You Go to a Shelter:**Pack an Emergency Suitcase to take to a Shelter**

(if taking a pet to a pet friendly shelter, take Pet items in Disaster Supply Kit)

Use a suitcase with wheels or bag to carry with the following items:

- Change of clothes and extra pair of shoes
- Prescription Medications
- Dentures, glasses, hearing aids
- Personal hygiene items
- Washcloth, hand towel, wet wipes, toilet paper
- Pillow, blankets or sleeping bags, cot or foam pad
- A folding chair
- Earplugs (so you can sleep!), sleep mask
- Flashlight and fresh batteries (one per person)
- Cards, games or books
- Snacks (non-perishable)
- Baby needs: food & formula (if needed)
- Battery operated radio with extra batteries
- Important papers file box
- Plastic garbage bags



- 1. Run from the Water**
Leave areas that might flood.
- 2. Hide from the Wind**
Take shelter in buildings that can stand against the wind.

Hurricane Preparations for Pregnant Women and Infants

Pregnant women and parents of newborns should prepare early for emergencies or the need to evacuate from their homes. Pregnant women and families should follow the local disaster recommendations, but they might need to take special precautions.

Emergency Preparation Tips for Pregnant Women (especially in months 7-9)

1. **KNOW THE SIGNS OF LABOR.** If you experience any of these symptoms, **DO NOT** wait for them to just go away. You should seek immediate medical care.

The signs of labor are:

- Contractions (the abdomen tightens like a fist) every 10 minutes or more often
- Change in vaginal discharge (leaking fluid or bleeding from the vagina)
- Pelvic pressure—the feeling that the baby is pushing down
- Low, dull backache
- Cramps that feel like a period
- Abdominal cramps with or without diarrhea



2. **PACK YOUR HOPITAL DELIVERY BAG.** Be sure to have necessary items for your baby and you (prenatal vitamins and extra maternity clothes) packed in a waterproof bag. Keep an extra supply of any special medication you need. Pack medical insurance card and baby's things together.
3. **CALL OR VISIT YOUR DOCTOR** if a hurricane is forecast to talk about any special precautions or plans that might be needed. If you are 36 -40 weeks, you may want to “camp out” in the hospital waiting room during the storm. Take a sleeping bag, pillows and your own food/water.
4. **WHERE WILL YOU STAY?** If you live far from the hospital where you are to deliver, arrange to stay with a friend or relative who lives closer. If your house is not safe in a storm, go to one that is safer. If you live alone get a friend or relative to stay with you or go to their home before the hurricane begins. If you live in a flood prone area or one likely to be affected by storm surge, plan to move to a safer area.
5. **FOOD, WATER, SLEEP & REST.** Have bottled water and non-perishable food supplies on hand. Pregnant women should eat high protein, nutritious food and drink plenty of water. Do your best to sleep at night and rest quietly (lying down with feet up) for a few minutes several times a day.

Emergency Preparation Tips for Parents of Newborn Babies

1. New parents who need to stay in a shelter should bring a safe place for the baby to sleep, such as a portable crib. Also bring extra diapers and other basic baby supplies.
2. Make sure you have formula/food for your infant. “Ready-to-Feed” formula for baby is best if there are concerns about the quality of the water supply. Use bottled water to prepare powdered formula. Do not use water treated with iodine or chlorine tablets to mix formula.
3. The stress of a hurricane may affect a breastfeeding women’s milk supply, although breastfeeding can be calming for both mother and baby. Help the new mom by offering nutritious food, plenty of water to drink and breaks to sleep and spend time with her newborn baby.