

BE PREPARED FOR THE 2020 HURRICANE SEASON



Save the Children®



Disasters are scary and disruptive for kids – they take children away from their homes, their schools, their friends, and can have lasting consequences. That's why Save the Children's response teams have been on the front lines meeting children's most critical needs in every major U.S. disaster since Hurricane Katrina. This year marks the first time in U.S. history that planning for hurricane season, which runs through November 30, must take into account social distancing. Here's how to be prepared.

11 TIPS FOR KEEPING CHILDREN SAFE IN A HURRICANE

PREPARE



1- Talk about hurricanes. Spend time with your family discussing why hurricanes occur. Explain that a hurricane is a natural event and not anyone's fault. Use simple words that even young children can understand.

2- Know your risk. Find out if you live in a hurricane evacuation area. Assess your risks from a storm surge, flooding or wind damage that may accompany a hurricane.

3- Practice evacuation drills. Practice your family evacuation plan so that, during an emergency, you can evacuate quickly and safely. Plan for where you may be able to go while still following the CDC's social distancing recommendations. Keep in mind any family members who may be at high risk for COVID-19 and how to keep gatherings to a minimum.

4- Learn your caregivers' disaster plans. If your child's school or child care center is in an area at risk from hurricanes, find out how its emergency plans address hurricanes. Ask about evacuation plans and if you would be required to pick up your children from the site or from another location.

5- Stay informed. Monitor weather and safety guidance by listening to local reports on tv or with a battery-powered radio. Be ready to act if a Hurricane Warning is issued.

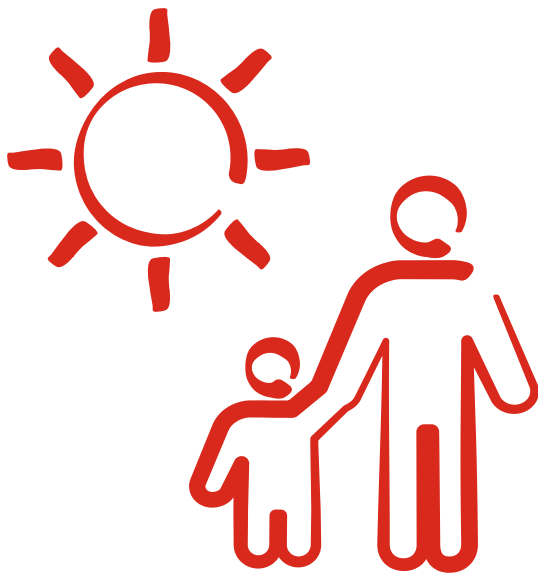
6- Pack an emergency to-go bag. Gather supplies that can be useful in case your family needs to evacuate as well as items you will need to stay healthy, including water, soap and medicine.



DURING A HURRICANE

7- Evacuate if instructed to do so. Evacuate if told to do so by local authorities or if you feel unsafe. If advised to evacuate, avoid flooded roads and watch for washed-out bridges. Local officials may close certain roads, especially near the coast, when effects of the hurricane reach the coast. Follow CDC recommendations for how to stay safe and healthy in a public setting or shelter during the COVID-19 pandemic.

8- Stay indoors, if not evacuated. If you are not advised to evacuate, or are unable to do so safely, stay indoors, away from windows, skylights and doors. Continue to monitor weather reports and do not go outside until the storm has passed.



AFTER A HURRICANE

9- Limit media exposure. Protect children from seeing too many sights and images of the hurricane, including those on the internet, television or newspapers.

10- Ensure utilities are available. Before children are returned to areas impacted by a hurricane, make sure utilities, such as electricity and plumbing, are restored and living and learning spaces (e.g., homes, schools, child care facilities) are free from physical and environmental hazards.

11- Involve children in recovery. After a hurricane, let children help in clean-up and recovery efforts in age-appropriate ways as this participation may increase their sense of control over the situation.

WATCH VS WARNING: WHAT'S THE DIFFERENCE?

- **Hurricane/Tropical Storm WATCH** means there is a threat of hurricane/tropical storm conditions within 48 hours.
- **Hurricane/Tropical Storm WARNING** means hurricane/tropical storm conditions are expected in 36 hours or less.
- **Hurricane/Tropical Storm local statement**, issued every two to three hours by local National Weather Service (NWS) offices, summarizes all of the watches and warnings, evacuation information, and most immediate threats to an area.

Watches and warnings for hurricanes and tropical storms are issued by the NWS and broadcast on NOAA Weather Radio and on local radio and television stations.

DISASTER SUPPLIES CHECKLIST

This is a list of supplies you should have in your home to prepare for an emergency.



FAMILY DISASTER SUPPLIES KIT

- Flashlights and extra batteries
- Radio (battery-powered or hand crank)
- Non-perishable food items
- Water (one gallon/person/day)
- One complete change of clothing for each person, including jackets/coats
- Blankets
- Cash and coins
- Map of the area marked with places you could go
- Toolset
- Extra set of car keys and house keys
- Roll of duct tape
- Plastic sheeting pre-cut to fit shelter-in-place room openings
- Pet supplies
- Small fire extinguisher
- Matches in a waterproof container
- Special items such as denture needs, contact lenses
- Items for seniors or people with disabilities



MEDICAL SUPPLIES

- Prescription and non-prescription medicine, including for children
- First aid kit
- Fever reducer
- Antibacterial ointment
- Rash ointment



HYGIENE ITEMS

- Baby wipes
- Diapers
- Nursing pads
- Sanitary pads
- Toilet paper
- Soap
- Bleach



INFORMATION

- Medical information, including copies of medical prescriptions
- Copies of passports and birth certificates
- Copies of personal identification, such as a driver's license
- Recent photos of each child



COMFORT ITEMS

- Comfort food and treats
- Activity items like books, puzzles and games
- Comfort items like a stuffed animal or blanket



CHILD-FRIENDLY FOOD SUPPLIES

- Nursing supplies
- Formula
- Pre-packaged baby food
- Juice pouches
- Powdered milk



COVID-19 PROTECTION

- Face coverings/masks
- Hand sanitizer or soap and disinfecting wipes

EMERGENCY TO-GO BAG FOR KIDS

An Emergency To-Go Bag for Kids contains items that can help keep children safe and healthy during an emergency. Getting children involved in putting together these supplies can help them learn the importance of being prepared.



ITEMS TO PUT IN A BACKPACK OR PORTABLE BAG TO USE DURING AN EMERGENCY:

- ☒ A teddy bear or favorite stuffed toy (for safety and comfort)
- ☒ Crayons and pen (to keep ourselves busy)
- ☒ Soap and soap box (to clean ourselves)
- ☒ Toothbrush and toothpaste (to clean our teeth every day)
- ☒ Comb (to comb our hair)
- ☒ Hand towel (to clean ourselves or keep cool)
- ☒ An ID card or wristband (to identify who we are and parent contact information)
- ☒ A flashlight with batteries (to help us when there is no power)
- ☒ A notebook (to record important information and/or keep busy)
- ☒ A whistle (to use if we need help or get lost)
- ☒ A favorite item (to keep us entertained, like a book, picture or toy)

ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to hurricanes. Use the following resources to help ensure your family is ready for the next hurricane.

FOR ADULTS:

- **American Red Cross: Hurricane Preparedness.** <http://www.redcross.org/prepare/disaster/hurricane>
- **National Hurricane Center: Hurricane Preparedness—Be Ready** <http://www.nhc.noaa.gov/prepare/ready.php>
- **The National Child Traumatic Stress Network: Parent Guidelines for Helping Children after a Hurricane.** http://www.nctsn.org/sites/default/files/assets/pdfs/parents_guidelines_talk_children_hurricanes.pdf

FOR CHILDREN:

- **Department of Homeland Security. Ready Kids: Hurricanes** <https://www.ready.gov/hurricanes-0>
- **NFPA Online Resources for Kids** <http://www.sparky.org/>
- **Coronavirus & Kids: Resources from Save the Children** <https://www.savethechildren.org/coronavirus-resources>