

1.

ADVANCED HURRICANE PREPARATION

1. Purchase plywood for doors/windows; precut to fit with screws or bolts.
2. Purchase tarps or 6 mil roll plastic to cover possible exposed openings.
3. Determine location and phone numbers of housing to make reservations at. Plan evacuation route. Establish family communication contact, outside of area. Give cell phone # to others.
4. Establish supply of: candles, matches, oil lamps, oil, batteries, flashlights, portable radio, mosquito repellent.
5. Locate shut-offs for: electric service, water, propane.
6. Inventory personal property; document with pictures or video camera.
7. Locate important documents and valuables to take, if evacuating. (Computer back-up discs, wills, check books, bank documents, insurance policies (flood too), funds, U.S. and N.C. tax forms, birth certif., jewelry, ETC!!!!)
8. Remove dead trees/limbs near house.
9. Review insurance policies: home owners, flood, personal property, liability.
10. Establish a first aid kit. Locate fire extinguishers.
11. Organize clean-up equipment: chainsaw, bar-chain and gas oil, gas, axe, handsaw, rope, gloves. Bleach.
12. Chain down outside propane tank.
13. Maintain extra tank of propane for grill. Use heavy aluminum foil and pans for cooking.
14. Raise: freezer/refrig./generator/etc., if garage is prone to flooding.
15. Plan to eat off freezers in spring and summer to reduce contents; keep ice in them.
16. Cordless phones don't work when power is off; buy a "cheap" "old-style" phone, with wire hook-up.
17. Establish a non-perishable food and water supply (for a week).
18. Run generator every month; keep filled with stabilized gas.
 - A. BOTTLED WATER: 1 gallon per person per day (purchase in the spring.)
 - B. FOOD SUPPLY: (manual can-opener, knife, paper plates/cups, plastic utensils, paper towels)
 - Canned/dried: fruits, veggies, tuna, chicken, stew, soups, hash, meats, garbage bags, etc.
 - instant coffee, tea, sugar, salt, pepper
 - ice tea and lemonade mix
 - irradiated or powdered milk
 - hard candy, energy bars, raisins, trail mix, granola
 - breakfast cereals, canned lunch spread
 - vitamins

2.

HURRICANE WATCH

(Conditions pose a threat for a hurricane)

1. Monitor storm: possible track, category and time of arrival.
2. Gas up cars; fill spare gas cans (extra for generator.)

3. Withdraw cash from bank. If planning to evacuate, top mail and newspaper delivery.
4. If not done so, purchase bottled water (or fill saved gallon jugs), milk, bread, snacks!
5. Check supplies established, location of important papers, valuables.
6. Make reservations inland, if hurricane may be higher than category #2. **MAKE RESERVATIONS EARLY!** Write down confirmation # and person. Note: If cancel later, record cancel # and person!
7. Consider securing all loose objects around house, including propane tanks.
8. Consider securing boats: (double lines loosely, strip sails/dodger/bimini, deploy fenders.) Tie down boats/trailers. Use chafe gear, leave long end of lines on dock.
9. Have a supply of prescription drugs, dietary foods, vitamins.
10. Finish laundry/dishes. Charge cell phone and VHF radio. Turn up freezer and refrig. settings to colder.
11. Locate camera and film for damage documentation.
12. Pets: have on hand: food and water (possibly take to animal shelter.)

TERMS TO KNOW

Tropical disturbance: region of thunderstorms and rain, no strong winds.

Tropical depression: low pressure region of counterclockwise winds < 39 mph.

Tropical storm: same as depression but winds 39 to 74 mph

Hurricane: Intense counterclockwise low pressure region with winds > 74 mph

SAFFIR / SIMPSON HURRICANE SCALE

<u>CATEGORY</u>	<u>WIND</u>	<u>STORM SURGE</u>	<u>PRESSURE</u>	<u>DAMAGE</u>
I	74-95 mph	4-5 ft.	>28.94 hg	minimal; branches, signs
II	96-110 mph	6-8 ft.	>28.50 hg	moderate; trees, power lines
III	111-130 mph	9-12 ft.	>27.91 hg	extensive; some building damage/trees/boats
IV	131-155 mph	13-18 ft.	>27.17 hg	extreme; most doors/windows many buildings/most boats/lives
V	>155 mph	>18 ft.	<27.17 hg	catastrophic; roofs/buildings/lives

3.

HURRICANE WARNING

(Hurricane expected to strike coast within 24 hours)

CATEGORY I OR II (AND YOU ARE REMAINING WITH THE HOUSE)

1. Monitor news reports.
2. Secure premises of loose objects.
3. Install boards on house windows and doors.
4. Fill bath tubs (it takes 3-5 gallons to flush a head.)
5. Turn freezer and refrig. to max. cold [frozen foods will last 24-48 hrs. with no power (and no peeking!)]

6. Locate and place in secure room: portable radios, batteries, flashlight, oil lamps, oil, bottled water, food supply, medicine.
7. Secure cars in garage, or move to high ground. Secure boats, or remove from water.
8. Locate: rain gear/boots, chain saw/oil/gas/axe/gloves/rope.
9. Make accessible: boards, hammer, nails, tarps
10. If no generator, purchase block ice for food storage in ice chests, last up to 4 days.
11. Prepare thermos of coffee and/or soup.
12. Locate reading glasses and spares.
13. Unplug power and cable/phone connections to TV's/stereos/computers.
14. Locate Bible and Rosary beads!
15. Buy bags of ice, store in coolers, in house.
16. Turn air conditioner to 68/70 to cool house down before power goes off.
17. Store items from refridg. in coolers: milk, OJ, cold cuts, etc.

DURING THE HURRICANE

- Close all interior doors
- stay away from windows
- stay in an inside room with no windows, or on the side of house away from wind.
- watch out for snakes/insects moving to high ground.
- monitor storm on: computer/TV/radio/VHF radio
- do not go outside if eye is passing over you

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CATEGORY III, OR GREATER! LEAVE BEFORE ROADS FLOOD AND ARE TRAFFIC JAMMED (Alert phone contact outside of storm area as to where you are going.)

TAKE WITH YOU:

1. All important documents, valuables, house inventory, extra car/house keys.
2. Rain gear, boots, chain saw,oil,gas,axe,rope,gloves.
3. Medicine, first aid kit.
4. Weapon, ammo.
5. Flashlights, batteries, cell phone, VHF radio, (with chargers).
6. Changes of clothes, toilet articles, sunscreen.
7. Cash, credit cards, check book, car registration, driver license, other I. D.
8. Eye/sun glasses, good book, personal and local phone books.
9. Thermos coffee/soup.
10. If going to a shelter: sleeping bags, space blankets, snacks, towels/wash cloth/soap, food, utensils, water, propane stove, pots, changes of clothes.
11. Guitar!!

LAST THINGS TO DO:

1. Store perishables (photos, etc.) higher in closets.
2. Turn off washing machine hoses.
3. Leave word with relatives/friends as to where to be contacted.
4. Take maps and phone number of where you are going.
5. Shut off electric service, water, propane tank.
6. Pull plugs on: appliances, stereos, computer, phones, TV.
7. Lock up house and garage, and any cars inside.
8. Post your name, location and phone number on inside wall in prominent location.
9. Raise the elevation of certain items that are located in the garage: freezer, generator, gas-operated power tools, gas cans, paint cans, fertilizer bags, any items that might open and contaminate the garage.

5.

EMERGENCY PHONE NUMBERS IN PAMLICO COUNTY

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|--------------------------------------|--------------|
| 1. Emergency management coordinator: | 745-4131 |
| 2. Sheriff's Office: | 745-3101 |
| 3. Evacuation Shelter: | 249-1851 |
| 4. Social Services: | 745-4086 |
| 5. Rescue Squad/fire: | 911 |
| 6. Carolina Power and Light: | 800-419-6356 |
| 7. Tideland Electric Corp: | 745-4127 |
| 8. IRS Disaster Kit (Pub.#2194): | 800-829-3676 |
| 10. IRS Tax Ques. On losses: | 800-829-1040 |
| 11. Health Dept.: | 745-5111 |
| 12. Road Info: | 877-368-4968 |
| 12. | |
| 13. | |
| 14. | |
| 15. | |

WEB-SITES

1. Road info: www.dot.state.nc.us/
2. Hurricane research center: <http://www.aomi.noaa.gov/hrd/>
3. Local/regional/radar weather: www.accuweather.com
4. Latest hurricane update: www.nhc.noaa.gov
5. Local Newport NCC forecast: www.nws.noaa.gov/er/mhx/nwswebt.htm

6. National weather service: www.nws.noaa.gov
7. Satellite photos: <http://goeshp.wvb.noaa.gov>
8. National hurricane center: <http://www.nhc.noaa.gov/index.html>
9. Weather Channel: www.weather.com
- 10.
- 11.
- 12.

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CLEAN-UP AFTER THE STORM

GENERAL

1. Check in with family and friends.
2. Stay away from downed power lines and report to authorities.
3. **DON'T** turn power on if house was flooded and/or you are in standing water.
4. Check for leaking gas and water.
5. Watch out for snakes, insects and wild-disoriented animals.
6. Do not over exert yourself; keep cool; drink fluids, wear sun screen and insect repellent.
7. Do not use tap water unless OK by authorities. Same for well water!
8. Document all damage by listing and pictures; contact insurance agency as soon as you able to!
9. Run generator in a well ventilated area.
10. Wash hands frequently; wear gloves, preferably rubber.
11. Check for tetanus shot if you are wounded.

WATER SUPPLY

TO DISINFECT:

- A) Boil; for 10 minutes, cool, add pinch salt, stir to oxygenate.
- B) Chlorinate: Add 6 to 8 drops unscented chlorine bleach per gallon of water. Let stand for 30 minutes and smell. You should smell chlorine, if not, add another 6 to 8 drops.

FOOD SUPPLY

Note: Try "odor test"; do not refreeze thawed food!

A) Frozen foods:

1. Beef, veal, lamb, pork, poultry, casseroles, stews, pies:
 - if partially frozen, see ice crystals; refreeze.
 - if thawed and at room temp. for less than 2 hours, cook and serve or cook and refreeze.
 - throw out any food thawed for more than two hours.
2. Prepackaged vegetables, fruits and juices:
 - if ice crystals are intact, refreeze.

- if thawed less than two hours, cook and serve. Juices can be refrozen.
- if thawed more than two hours, discard if mold or yeast smell exists.
- 3. Foods containing dairy products:
 - if partially frozen, cook and serve or refreeze.
 - if thawed, discard

B) Refrigerated foods:(Food kept in an unopened refrigerator for 24 hours is still cold and safe.)

1. Milk: discard if unrefrigerated for more than 2 hours.
2. Hard-boiled eggs: discard if held at room temp. for more than 2 hours.
3. Hard cheese,butter,margarine: safe unrefrigerated if well wrapped. Discard if mold or rancid odor develops. Toss out mayonnaise if at room temp. two hrs.

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4. Fruits and vegetables: safe as long as they look OK. Discard if smell or moldy.
5. Fresh meats, lunch meats, hot dogs: Discard after two hours at room temp.

HOUSE CLEAN-UP

A) Before you start:

1. Record details of damage with photos and written report; contact insurance agent!!
2. Store valuable wet papers in a working freezer until you can work on them.
3. Assemble cleaning supplies: gloves,masks,boots,pails,mops,squeegees,plastic garbage bags,chlorine bleach,dishwashing detergent(only non-ammonia type).
4. Be prepared to make difficult decisions as to what needs to be discarded!!
5. You must destroy any mold found in damp areas (allergy & respiratory hazard).

B) First steps:

1. Make a plan to: clean the house, dry recoverable items, discard destroyed items.
2. Immediately add small amount of chlorine bleach to and standing water.
3. Remove standing water with pumps, wet-dry shop vacuum, squeegees,etc.
4. Remove all soaked and dirty material: insulation,drywall,mud,furniture,rugs,carpets, clothing,bedding,appliances.
5. Hose/wash and wipe down