# SPECIAL NEEDS MEDICAL PLAN

- Prepare a detailed list of your medical regime
- Wear medical alert tags or bracelets to identify your disability and/or medical condition
- Have at least a month supply of your medications
- If you are a homebound patient and/or are dependent on any medical device that requires electricity, contact your physician for his or her recommendation
- If you are receiving home healthcare services, you must be sure that your home healthcare service provider has developed a special hurricane plan for you
- If you require oxygen, check with your supplier about an emergency plan
- If you evacuate, remember to take your medications, written instructions regarding your care, your walker, wheelchair or cane and special equipment such as bedding

## HOSPITALS ARE NOT SHELTERS

- Hospital’s resources are already committed to those who need them most, and the hospital is not equipped to act as a shelter

## IF YOU ARE EXPECTING

- Any pregnant woman who is two weeks from her due date (36 weeks gestation) or is considered high risk should check with her physician regarding when she should go to the hospital prior to the storm. In general, arrive before tropical storm force winds reach your area
- If you are dependant on life support systems, or any medical device which requires electricity, be aware that the power may be off for some time during and after a hurricane. You MUST therefore plan to RELOCATE EARLY for any hurricane

*To receive a Medical Hurricane Preparedness Guide please call – 1-866-4 HCA DOCS*

<table>
<thead>
<tr>
<th>DOs AND DON’Ts</th>
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<tr>
<td><strong>DO</strong></td>
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<tr>
<td>have a detailed hurricane plan</td>
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<tr>
<td>move to a safe place as close to home as possible if ordered to evacuate</td>
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<tr>
<td>tell someone outside the area where you plan to ride out the storm</td>
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<tr>
<td>keep all windows closed</td>
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<tr>
<td>have enough food &amp; water to last at least 4 days</td>
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<tr>
<td>move or prepare your boat early</td>
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<tr>
<td>fill your car’s gas tank well ahead of the storm</td>
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<td>have a battery powered AM/FM Radio</td>
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<tr>
<th>DON’T</th>
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<tr>
<td>go near fallen powerlines or puddles near them</td>
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<tr>
<td>go outside if the eye passes over you</td>
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<tr>
<td>lower your pool level before the storm</td>
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<tr>
<td>run generators indoors or in an attached garage</td>
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<tr>
<td>tranquilize your pets. They must stay alert to survive</td>
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<tr>
<td>risk getting stuck in traffic or bad weather</td>
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**Send your Weather Pics**
cbs4pics@cbs.com
cbsmiami.com
**PREPARATION**

**DECIDE NOW WHERE YOU AND YOUR FAMILY WILL GO WHEN THE NEXT HURRICANE THREATENS**

Decide on a specific place. If you live in an evacuation area, the protected house of a friend out of the evacuation zone is best; a Red Cross shelter is a last resort. It is not recommended that you stay in any structure without good shutters or properly designed and installed hurricane protection during any hurricane. Never stay in a mobile home during a hurricane.

**PLAN NOW HOW YOU ARE GOING TO PROTECT YOUR PROPERTY**

Learn about shutters and other alternatives for protecting your house and apartment. If you have doubts about the safety of your house, have it evaluated by an engineer. Have a family plan for putting up shutters and getting your home ready, and rehearse it. Decide where you will park your car(s). A garage is best. Plan to move your boat early.

**DECIDE NOW WHO WILL BE RESPONSIBLE FOR YOUR WATER SUPPLY**

You’ll need a minimum of 4 gallons of drinking water per person. For convenience, you can get it at the supermarket, or you can keep containers on hand to hold tap water. Sterilize your containers for drinking water with a little bleach (non-flavored) and water. Slosh it around, rinse the container, and fill it up from the tap. You also need non-drinking water for bathing and flushing the toilet. The bathtub is a good place to hold that.

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**Divide into two time frames:**

*What you should do now and what you should do as the storm is approaching.*

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**THINGS TO DO**

**WHEN A STORM IS APPROACHING**

Bring in loose items like lawn furniture, garbage cans, and plants that could fly around in the wind. Even heavy planters can be moved by the storm, so at least put them as close to the house as possible. Photograph or video tape your house, as well as your personal belongings to help document any losses. Put the negatives or tapes in a waterproof container, a safe deposit box, or send them to a friend out of town. Put valuables and important papers in waterproof containers. Put them at the top of an interior closet. Put up your hurricane shutters. Be sure you secure them well. Shutters that come off in a storm are very dangerous. If you have a pool, add extra chlorine. DO NOT drain your pool. DO NOT put lawn furniture in the pool.

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#SetzerSays

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Be informed 24/7 on TV, the web and on your phone at CBSMiami.com
SHOPPING CHECKLIST

COOKING
- Water
- Portable camp stove or grill
- Stove fuel or charcoal, lighter fluid
- Disposable plates, cups, and utensils
- Napkins and paper towels
- Aluminum foil
- Oven mitts

EQUIPMENT AND OTHER ITEMS
- Manual can opener
- Flashlight (one per person)
- Portable battery powered lanterns
- Glass enclosed candles (only for use after the storm)
- Trash Bags
- Battery powered radio or ATSC TV
- Battery powered Cell Phone Charger
- Extra batteries, including for hearing aids
- First aid kit, including aspirin, antibiotic cream and antacids
- Sunscreen (SPF 30 or higher)
- Waterproof matches/butane lighter
- Cash
- Bleach or water purification tablets
- Collapsible water containers

PERSONAL SUPPLIES
- Prescriptions (1 month supply)
- Toilet paper
- Soap, shampoo, and detergent
- Toiletries and feminine hygiene products
- Changes of clothing
- Extra glasses or contacts
- Bedding, pillows, and sleeping bags
- Rain ponchos and work gloves
- Books, magazines, kid games, etc.
- Thick soled work boots

BABIES
- Disposable diapers and moist towelettes
- Formula, food

NON PERISHABLE FOODS
- Canned meats, fruits, and vegetables
- Bread in moisture proof packaging
- Cookies, candy, and dried foods
- Canned soups and milk
- Powdered or single serve drinks
- Cereal bars
- Condiments
- Peanut butter and jelly
- Instant coffee and tea

* The State says “pack 3 days worth of supplies”... we suggest in order “to be sure” your family will be self-sufficient after a storm, have at least 4 days of supplies.

EMERGENCY PHONE NUMBERS

BROWARD COUNTY
- Call Center: 954-831-4000
- Emergency Mgmt. Office: 954-831-3900
- Special Needs Registry: 954-831-3902
- Help Line: 211

MIAMI-DADE COUNTY
- Emergency Mgmt. Office: 305-468-5400
- Emergency Evac Assist: 305-513-7700 or 311
- Help Line: 211

PALM BEACH COUNTY
- Emergency Mgmt. Office: 211

MONROE COUNTY
- Emergency Hotline: 800-955-5504
- Emergency Mgmt. Office: 305-289-6018
- Special Needs Registry: 305-292-4591

FLORIDA
- State Emergency Response(SERT): 850-413-9969

Volunteers Needed!
Many local organizations depend on volunteers to help before, during and after a storm. Many require special training. Sign up now! For a complete listing of volunteer opportunities.

Go to: helpingfeelsgood.org

FIVE CONVENIENT WAYS FOR MOTORISTS TO RECEIVE UP-TO-DATE TRAFFIC INFORMATION:

- Call 511 toll free for updates in English and Spanish.
- Visit FL511.com, with interactive roadway maps showing traffic congestion and crashes, travel times and traffic camera views. Sign up for a “My Florida 511” account at FL511.com to create custom routes and register for email, text or phone alerts.
- Download the free Florida 511 mobile app available on Google Play or iTunes Store.
- Follow the statewide, regional or roadway-specific FL511 feeds on Twitter.
PRINT THESE MAPS WHEN A HURRICANE APPROACHES

“Follow the storms progress while listening to us on our radio partners. If the power goes out, keep listening to us and we’ll let you know where the danger is.”

Chief Meteorologist
Craig Setzer
CBSMiami.com
SEVERE WEATHER
TERMS

TERMINOLOGY

TROPICAL DISTURBANCE OR TROPICAL WAVE
A disturbance in the tropics without a defined circulation.

TROPICAL DEPRESSION
A low pressure circulation center with thunderstorms in the tropics and winds of less than 39 mph. Depressions are identified by numbers.

TROPICAL STORM
A low pressure circulation of wind between 39 mph and 73 mph and organized thunderstorms. Storms are named when they reach this strength.

HURRICANE
An intense low pressure circulation of wind greater than 73 mph and organized thunderstorms.

HURRICANE WARNING
Hurricane force winds are EXPECTED in the warning area within 36 hours. Preparations should be made for hurricane conditions. It is recommended that you stay in a safe building as close to home as possible, as opposed to driving out of South Florida.

STORM SURGE WATCH
Life-threatening inundation from rising water moving inland from the shoreline is POSSIBLE within 48 hours somewhere in the watch area. The watch may be issued earlier when other conditions, such as the onset of tropical storm-force winds, are expected to limit the time available to take protective actions for surge (e.g., evacuations). Check to see if you live in an evacuation zone.

STORM SURGE WARNING
Life-threatening inundation from rising water moving inland from the shoreline is EXPECTED somewhere within 36 hours somewhere in the warning area. The warning may be issued earlier when other conditions, such as the onset of tropical storm-force winds, are expected to limit the time available to take protective actions for surge (e.g., evacuations). If ordered to evacuate, you should travel only as far as needed to get out of the evacuation zone.

CBS4 HURRICANE NETWORK

ON TELEVISION

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ONLINE

CBSMiami.com

SOCIAL MEDIA

CBSMiami

@CBSMiami

NEWSPAPER PARTNER

Miami Herald

MIAMIHERALD.COM