Terrebonne Parish Consolidated Government stands ready to meet any crisis that may threaten our people. Residents can note the drastic improvements made to allow for the government to quickly and accurately communicate information in times of hurricanes and any other crisis. In addition to the traditional media outlets of radio, newspaper and television, our communications during a crisis are now instant via Facebook, Twitter, WWW.TPCG.ORG, as well as our reverse 911 and mass text messaging systems.

Significant improvement is also clear in our evacuation and sheltering plans. With our point-to-point sheltering agreement with the City of Monroe for major hurricanes or our in-parish shelters for hurricanes of Category 1 or 2, residents can rest assured that they will have a safe haven.

Even with these notable improvements, we urge you to have a disaster plan for you and your family. This plan should include necessities such as food, water, prescription medications, as well as personal and pet items. We also strongly urge that you assist your neighbors during a time of crisis, especially the elderly and those with special needs. Another way that citizens can help is by joining our CERT Team (Community Emergency Response Team). If you are interested, contact our Office of Homeland Security and Emergency Preparedness at (985) 873-6357 or via email at OEP@TPCG.ORG.

While we cannot predict the timing and severity of a crisis, we do know that we now have the proper systems and processes in place to properly respond.
TERREBONNE EMERGENCY PREPAREDNESS GUIDE

EMERGENCY NUMBERS

Emergency ........................................................................................................................................................................................................ 911
FEMA ............................................................................................................................................................................................. 800-852-1122
American Red Cross ........................................................................................................................................................................ 504-620-3105
Pre-Disaster Food Stamps Registration ........................................................................................................ 1-888-524-3578
Road Closure Information ....................................................................................................................................... 1-800-469-4828
Louisiana Information ........................................................................................................................................................................... 211
Louisiana State Police Troop “C” ................................................................................................................................................... 985-857-3680
Chabert Medical Center .......................................................................................................................................................... 985-873-2200
Terrebonne General Medical Center.......................................................................................................................................... 985-873-4141
Poison Control ........................................................................................................................................................................ 1-800-222-1222
Terrebonne Parish Community Hotline ........................................................................................................ 1-844-916-4737

LOCAL NUMBERS

Terrebonne Parish Consolidated Government 1-800-35-HOUMA / 985-868-5050
Terrebonne Parish Sheriff’s Office ........................................................................................................................................... 985-876-2500
Houma Police Department ........................................................................................................................................................ 985-873-6371
Terrebonne Parish Council on Aging ........................................................................................................................................ 985-868-8411
Terrebonne Parish School Board ......................................................................................................................................... 985-876-7400
Terrebonne Parish Utilities Department ................................................................................................................................... 985-873-6755
Terrebonne Parish Public Works ............................................................................................................................................... 985-873-6735
Terrebonne Parish Animal Shelter ............................................................................................................................................. 985-873-6709
SLECA 1-800-256-8826 / 985-876-6800
Entergy 1-800-ENTERGY / 1-800-968-8243
ATMOS 1-888-286-6700 / 1-800-692-4694
City of Thibodaux Gas 985-446-5021 / 985-446-7216
South Coast Gas ........................................................................................................................................................................ 985-872-0376

TERREBONNE ALERT EMERGENCY NOTIFICATION

Emergency notifications are available from the Terrebonne Parish Consolidated Government by phone or email in the event of a major disaster or evacuation notice in your area. Visit www.tohsep.com/terrebonnealert and click sign up to begin your registration.

EMERGENCY INFORMATION SOURCES

EMERGENCY NUMBERS

Contraflow Crossovers
Directional Indicators

Evacuation Routes

INSTRUCTIONS FOR SPECIAL NEEDS PATIENTS

For residents who have medical special needs, or will need transportation during an evacuation of Terrebonne Parish, please contact the Terrebonne Council on Aging at (985) 868-8411.

To pre-register for Disaster Food Stamp assistance, please call 1-888-LA-HELP-U (1-888-524-3578).
HURRICANE

HURRICANE SEASON
JUNE 1 – NOVEMBER 30

HURRICANES are the only natural disasters with their own names. Audrey, Betsy, Camille, Hazel, Gilbert, Andrew, Katrina and Gustav—each evokes its particular image of disaster. Hurricanes are the same in vital ways; like people, each has its own personality. Names seem appropriate because we come to know hurricanes before they strike, unlike earthquakes, which hit without warning. Tornadoes come quickly and go with, at best, a few minutes warning. Hurricanes are special. A good argument can be made that they are Earth’s most awesome storms. Winds in the strongest tornadoes can top 300 mph, while hurricane winds above 150 mph are rare. But a tornado is much more concentrated than even the smallest hurricane; a mile-wide tornado is huge, while a 100-mile wide hurricane is small. Few tornadoes last even an hour, and a damage path of 100 miles goes into the record books. Hurricanes easily can last more than a week and can devastate islands around the Caribbean days before slamming into the United States. A large hurricane stirs up more than a million cubic miles of the atmosphere every second. Hurricane winds can kick up 50-foot or higher waves in the open ocean. When a storm hits land, it brings a mound of water. A typical hurricane dumps 6 to 12 inches of rain when it comes ashore. Some hurricanes bring much more water that can rise to a peak height of more than 20 feet near the eye and flood 100 miles of coast with a 10-foot storm surge. These have caused some of our worst floods.

CONCEPT OF OPERATIONS FOR EVACUATION PHASES

PRECAUTIONARY
This phase will concentrate on people who are vulnerable to the effects of hurricane winds and water. It is directed at offshore workers, persons on coastal islands and persons living in low-lying areas.

RECOMMENDED
This phase will concentrate on all people who are at risk.

YOU ARE AT RISK IF YOU LIVE:
- Outside of levee protection
- In a manufactured home (e.g., mobile home, recreational vehicle, etc.)
- In a low-lying or flood-prone area
- The hurricane is a Category 3 (slow) or any Category 4 or 5

MANDATORY
This is the final and most serious phase of evacuation. Authorities will put maximum emphasis on encouraging evacuation and limiting entry into the risk area. Designated State Evacuation Routes will be enhanced, thereby instituting contraflow on major interstates and highways.

STATE EMERGENCY ALERT SYSTEM (EAS)

All residents should monitor their local EAS station for authoritative evacuation and shelter information. Evacuation route signs (shown below) are located on all parish and state roads that have been designated as major evacuation routes. The smaller sign indicates the (EAS) radio station to monitor for the particular area of the state through which you are traveling. The EAS radio station will broadcast the latest weather reports, road conditions and shelter location. In addition, information (date, time and locations) will be announced. As the storm gets closer to the risk area, information will be issued every two hours. State Emergency Broadcasting System information is broadcast on the following stations:

<table>
<thead>
<tr>
<th>RADIO</th>
<th>TELEVISION</th>
</tr>
</thead>
<tbody>
<tr>
<td>WWL 870 AM</td>
<td>WAFB CH 9</td>
</tr>
<tr>
<td>KBZE 105.9 FM</td>
<td>WBRZ CH 2</td>
</tr>
<tr>
<td>WLMG 101.9 FM</td>
<td>WWL CH 4</td>
</tr>
<tr>
<td>WEB</td>
<td>WVUE CH 8</td>
</tr>
<tr>
<td>tpcg.org</td>
<td>WDSU CH 8</td>
</tr>
<tr>
<td>houmatimes.com</td>
<td>WGNO CH 26</td>
</tr>
<tr>
<td>houmatoday.com</td>
<td>HTV CH 10</td>
</tr>
</tbody>
</table>

TERREBONNE EMERGENCY PREPAREDNESS GUIDE
Prepare to evacuate if advised to do so by the governor or elected officials through radio or television announcements. Plan to evacuate as early as possible before hurricane gale-force winds and storm surges force road closings. Leaving early may also help you to avoid massive traffic jams encountered during late evacuation efforts. Listen to the radio and/or television for evacuation and sheltering information.

**STORM ADVISORIES ARE ISSUED AS FOLLOWS:**

**TROPICAL STORM WATCH**
Tropical storm conditions are possible in the specified area of the watch, usually within 48 hours.

**TROPICAL STORM WARNING**
Tropical storm conditions are expected in the specified area of the warning, usually within 36 hours.

**HURRICANE WATCH**
Hurricane conditions are expected in the specified area of the watch, usually within 48 hours.

**HURRICANE WARNING**
Hurricane conditions are expected in the specified area of the warning, usually within 36 hours.

It is important to know which hurricane evacuation zone you reside in. Terrebonne Parish residents can enter their address on the following webpage to determine which hurricane evacuation zone they reside in: [www.tohsep.com/evacuation](http://www.tohsep.com/evacuation).

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**TERREBONNE EVACUATION GUIDELINES**

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LIVING IN A SHELTER
Residents should develop a “game plan” in order to assist them and their families to be prepared for any disaster. Assistance on developing a game plan can be found online at WWW.GETGAMEPLAN.ORG. Residents should have enough supplies to last each family member at least 72 hours (3 days).
When state and local officials issue an evacuation order, residents should heed those orders to protect themselves and their families. Residents should be aware that when an evacuation order is issued, there may not be any emergency services such as fire, police, EMS or hospital services to assist them during hurricanes.
Families and individuals need to be aware that the “FIRST 72 HOURS ARE ON YOU.” You should have food, water and necessary supplies to last you and each member of your family for 72 hours. Relief supplies may not be available to the parish before 72 hours.
People gathered in public and private shelters to escape hurricanes and other disasters might have to stay there—at least part of the time—for up to two weeks.
RE-ENTRY INFO
The parish reentry program enables the parish to safely allow businesses the minimum number of employees needed to do an assessment of their facility following an emergency evacuation. Those assessors will be able to make necessary arrangements if any are needed to bring the business back online once it is deemed safe to do so.
If you have any questions about the parish reentry program contact us at (985) 873-6357, or email oep@tpcg.org. If your company wishes to participate in the pre-screening process, please submit an application online at http://www.parishreentry.com. You will be notified once your application is approved.

TO AUGMENT THE SUPPLIES OF WATER AND FOOD WHERE SHELTERS ARE USUALLY LOCATED, YOU SHOULD PLAN TO TAKE THE FOLLOWING WITH YOU:
• As much drinkable liquids (water, fruit and vegetable juices, soft drinks, etc.) and ready-to-eat food as you can carry to the shelter.
• Special medicines or foods required by members of your family, such as insulin, heart medicines and diabetic food.
• A blanket for each family member.
• A battery-powered radio, flash light, extra batteries for each and writing materials for taking notes of information given over the radio.
• Baby needs (formula, medicine, diapers and baby wipes).
• Personal toiletries (toothpaste, toothbrush, soap or baby wipes, deodorant, shampoo, shaving cream and razor, feminine hygiene items).

RETURN HOME WHEN AUTHORITIES TELL YOU IT IS SAFE. DO NOT TURN GAS OR ELECTRICITY ON AT YOUR HOME WITHOUT CONTACTING THE UTILITY COMPANY THAT SUPPLIES YOUR RESIDENCE. YOU SHOULD NEVER CONNECT A GENERATOR DIRECTLY TO YOUR HOUSE WITHOUT A TRANSFER SWITCH. A TRANSFER SWITCH WILL PREVENT THE BACK-FEED OF ELECTRICITY BACK TO THE MAIN UTILITY LINES.

IF YOU LIVE IN AN UNSAFE STRUCTURE, MANUFACTURED HOME OR RESIDENCE SUBJECT TO FLOODING, BE PREPARED TO EVACUATE WHEN RECOMMENDED BY STATE AND LOCAL OFFICIALS.
• Before hurricane season, check with local emergency preparedness officials for evacuation plans in your area and obtain a copy.
• Select your evacuation route as identified in the plan and your destination: Friends and relatives well outside the flood risk area, Hotel or motel, Public shelters, Keep your car fueled
• Carry along survival supplies: Family medication, First aid kit, Bottled water and canned or dried provisions, Infant provisions and games, etc., for children
• Keep important papers with you in a waterproof container or zipper-top bag at all times: Insurance policies, Household contents inventory, Mortgage papers
• Shutoff water, electricity and gas when told to do so.

ADVISORY
Official information issued by tropical cyclone warning centers describing all tropical cyclone watches and warnings in effect, along with details concerning tropical cyclone locations, intensity and movement, and precautions that should be taken. Advisories are also issued to describe: (a) tropical cyclones prior to issuance of watches and warnings and (b) subtropical cyclones.

BEST TRACK
A subjectively-smoothed representation of a tropical cyclone’s location and intensity over its lifetime. The best track contains the cyclone’s latitude, longitude, maximum sustained surface winds, and minimum sea-level pressure at six hourly intervals. Best track positions and intensities, which are based on a post-storm assessment of all available data, may differ from values contained in storm advisories. They also generally will not reflect the erratic motion implied by connecting individual center-fix positions.

CENTER
Generally speaking, the vertical axis of a tropical cyclone, usually defined by the location of minimum wind or minimum pressure. The cyclone center position can vary with altitude. In advisory products, refers to the center position at the surface.

CENTER / VORTEX FIX
The location of the center of a tropical or subtropical cyclone obtained by reconnaissance aircraft penetration, satellite, radar or synoptic data.

TERMS TO KNOW

HURRICANE EVACUATION TIPS

HURRICANE NATIONAL HURRICANE CENTER

EYE
The roughly circular area of comparatively light winds that encompasses the center of a severe tropical cyclone. The eye is either completely or partially surrounded by the eyewall cloud.

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CENTRAL NORTH PACIFIC BASIN
The region north of the equator between 140W and the international date line. The Central Pacific Hurricane Center (CPHC) in Honolulu, Hawaii, is responsible for tracking tropical cyclones in this region.

CYCLONE
An atmospheric closed circulation rotating counterclockwise in the Northern Hemisphere and clockwise in the Southern Hemisphere.

NATIONAL HURRICANE CENTER

EYE WALL / WALL CLOUD
An organized band or ring of cumulonimbus clouds that surround the eye, or light-wind center of a tropical cyclone. Eyewall and wall cloud are used synonymously.

EXTRATROPICAL
A term used in advisories and tropical summary statements to indicate that a cyclone has lost its “tropical” characteristics. The term implies both poleward displacement of the cyclone and the conversion of the cyclone’s primary energy source from the release of latent heat of condensation to baroclinic (the temperature contrast between warm and cold air masses) processes. It is important to note that cyclones can become extratropical and still retain winds of hurricane or tropical storm force.

EXTRATROPICAL CYCLONE
A cyclone of any intensity for which the primary energy source is baroclinic, resulting from the temperature contrast between warm and cold air masses.

FUJIWARA EFFECT
The tendency of two nearby tropical cyclones to rotate cyclonically about each other.

GALE WARNING
A warning of 1-minute sustained surface winds in the range of 34 kt (39 mph or 63 km/hr) to 47 kt (54 mph or 87 km/hr), either predicted or occurring and not directly associated with tropical cyclones.

TERREBONNE EMERGENCY PREPAREDNESS GUIDE
HURRICANE

HIGH WIND WARNING
A high wind warning is defined as 1-minute average surface winds of 35 kt (40 mph or 64 km/hr) or greater lasting for 1 hour or longer, or winds gusting to 50 kt (58 mph or 93 km/hr) or greater regardless of duration that are either expected or observed over land.

HURRICANE / TYPHOON
A tropical cyclone in which the maximum sustained surface wind (using the U.S. 1-minute average) is 64 kt (74 mph or 119 km/hr) or more. The term hurricane is used for Northern Hemisphere tropical cyclones east of the international date line to the Greenwich Meridian. The term typhoon is used for Pacific tropical cyclones north of the equator west of the Greenwich Meridian. The term hurricane is most commonly applied to the nearly deep-convection-free swirls of stratocumulus in the Eastern North Pacific.

HURRICANE WARNING
Issued 36 hours in advance of the anticipated onset of tropical-storm-force winds.

HURRICANE WATCH
An announcement that hurricane conditions (sustained winds of 74 mph or greater) are possible within the specified area. Because hurricane preparedness activities become difficult once winds remain over the water, a tropical storm watch is used.

MAJOR HURRICANE
A hurricane that is classified as Category 3 or higher.

NATIONAL GEODETIC VERTICAL DATUM
A fixed reference adopted as a standard geodetic datum for elevations above sea level. Historically, mean sea level was held fixed as observed in 1929, the geodetic datum is fixed at a station in England, and does not take into account the changing stands of sea level. Because the strongest winds from a tropical cyclone to the normal or astronomic high tide from the observed storm surge.

POST-TROPICAL CYCLONE
A former tropical cyclone. This generic term describes a tropical cyclone that no longer possesses sufficient convection characteristics to be considered a tropical cyclone. Post-tropical cyclones can continue carrying heavy rains and high winds. Note that former tropical cyclones that have become fully extratropical ... as well as remnant lows ... are also referred to as post-tropical cyclones.

PRELIMINARY REPORT
Now known as the “Tropical Cyclone Report.” A report summarizing the life history and effects of an Atlantic or Eastern Pacific tropical cyclone. It contains a summary of the cyclone life cycle and pertinent meteorological data, including the post-analysis best track (six hourly positions and intensities) and other meteorological statistics. It also contains a description of damage and casualties the system produced, as well as information on forecasts and warnings associated with the cyclone. NHC writes a report on every tropical cyclone in its area of responsibility.

PRESENT MOVEMENT
The best estimate of the movement of the center of a tropical cyclone at a given time and given position. This estimate does not reflect the short-period, small-scale oscillations of the cyclone center.

RADIUS OF MAXIMUM WINDS
The distance from the center of a tropical cyclone to the region where 34 kt (39 mph or 63 km/hr) winds are present. This radius is sometimes referred to as the “radius of maximum wind.”

STORM TIDE
The actual level of sea water resulting from the astronomical tide combined with the storm surge.

STORM WARNING
An advisory that hurricane conditions (sustained winds of 74 mph or greater) are expected somewhere within the specified area. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the hurricane warning is issued 36 hours in advance of the anticipated onset of tropical-storm-force winds.

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HURRICANE

TROPICAL CYCLONE
A warm-core non-frontal synoptic-scale cyclone, originating over tropical or subtropical waters, with organized deep convection and a closed surface wind circulation about a well-defined center. Once formed, a tropical cyclone is maintained by the extraction of heat energy from the ocean at high temperature and heat export at the low temperatures of the upper troposphere. In this, they differ from extratropical cyclones, which derive their energy from horizontal temperature contrasts in the atmosphere (baroclinic effects).

TROPICAL CYCLONE PLAN OF THE DAY
A coordinated mission plan that tasks operational weather reconnaissance requirements during the next 1100 to 1100 UTC day, as required, describes reconnaissance flights committed to satisfy both operational and research requirements, and identifies possible reconnaissance requirements for the succeeding 24-hour period.

TROPICAL DEPRESSION
A tropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) is 33 kt (38 mph or 62 km/hr) or less.

TROPICAL STORM WARNING
An announcement that tropical storm conditions (sustained winds of 39 to 73 mph) are expected somewhere within the specified area within 36 hours.

TROPICAL STORM
A tropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) ranges from 34 kt (39 mph or 63 km/hr) to 63 kt (73 mph or 118 km/hr).

TROPICAL CYCLONE
A subtropical low pressure system that has characteristics of both tropical and extratropical cyclones. This system is typically an upper-level cold low with circulation extending to the surface layer and maximum sustained winds generally occurring at a radius of about 100 miles or more from the center. In comparison to tropical cyclones, such systems have a relatively broad zone of maximum winds that is located farther from the center, and typically have a less symmetric wind field and distribution of convection.

SUBTROPICAL CYCLONE
A subtropical cyclone in which the maximum sustained surface winds are 34 kt (39 mph or 63 km/hr) or less.

SUBTROPICAL STORM
A subtropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) is 34 kt (39 mph or 63 km/hr) or more.

SUBTROPICAL DEPRESSION
A subtropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) is 33 kt (38 mph or 62 km/hr) or less.

SYNOPTIC TRACK
Weather reconnaissance mission flown to provide vital meteorological information in data sparse ocean areas as a supplement to existing surface, radar and satellite data. Synoptic flights better define the upper atmosphere and aid in the prediction of tropical cyclone development and movement.

HURRICANE PREPARATIONS

WHEN YOUR AREA RECEIVES A HURRICANE WARNING:

1. Keep your radio, television or NOAA weather radio on and listen for the latest Weather Service advisories, as well as special instructions from your local government. Also listen for tornado watches and warnings. Tornadoes spawned by a hurricane are among the storm’s worst killers.
2. Plan your time before the storm arrives and avoid the last-minute hurry that might leave you marooned or unprepared.
3. Leave low-lying areas that might be swept by high tides, storm waves or storm surge.
4. Leave manufactured homes for more substantial shelter. Unless properly anchored, manufactured homes are particularly vulnerable to overturning during strong winds.
5. Moor your boat securely before the storm arrives or move it to a designated safe area. When your boat is moored, leave it and don’t return until the storm has passed your area.
6. Board up windows or protect them with storm shutters or tape. Danger to small windows is mainly from wind-driven debris. Large windows may be broken by wind pressure.
7. Secure outdoor objects that might be blown away. Garbage cans, garden tools, toys, signs, porch furniture and a number of other harmless items become missiles of destruction in hurricane winds. Anchor them or store them inside before the storm strikes.
8. Store drinking water in clean bathtubs, jugs, bottles and cooking utensils. The parish’s water system may be contaminated or damaged by the storm. Stay tuned to area newscast, to see if you may need to boil water before use.
9. Check your battery-powered equipment. Your radio may be your only link with the world outside of the hurricane. Emergency cooking facilities and flashlights will be essential if utility services are interrupted.
10. Keep your car fueled. Service stations may be inoperable for several days after the storm strikes because of flooding or interrupted electrical power.
11. Stay at home if it is sturdy and on high ground. If not—and especially if local authorities order an evacuation of your area—move to a designated shelter and stay there until the storm is over.
12. Remain indoors during the hurricane. Travel is extremely dangerous when winds and tides are whipping through your area. Don’t be fooled by the “eye” of the hurricane. If the storm center passes directly overhead, there will be a lull in the wind lasting from a few minutes to half an hour or more. Stay in a safe place unless emergency repairs are absolutely necessary. Remember that at the other side of the “eye” the winds will increase rapidly to hurricane force and will come from the opposite direction.

50 nm
75 nm
Hurricane Path
50 nm
75 nm
HURRICANE

STORM SURGE

HURRICANES' BIG KILLER

Hurricanes are usually described in terms of their wind speeds, but flooding caused by high water and storm surge kills many more people than wind. Flooding is also responsible for much of the damage, especially within a few hundred yards of the shoreline.

Water does more than batter; it scours away the sand. A cubic foot of sea water weighs 64 pounds. A cubic foot of fine soil weighs only 100 pounds. A cubic foot of sand weighs 115 pounds. Floodwater moving at 10 miles an hour can carry away the sand under the sea walls, buildings and roads. The water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of...


BOATS

HOW TO PREPARE YOUR BOAT FOR A HURRICANE

The boat owners association of the United States has produced a free “Hurricane Warning Guide” to help owners properly secure their boats before a storm hits.

To receive a free copy of the guide, write: BOAT US Dept. C. 880 S. Pickett St. Alexandria, Va. 22304

Or visit www.boatus.com/hurricanes

Here are some tips from the guide:

1. Storage ashore is a must for small outboards, trailer boats and performance boats with low freeboard. Sailboats–even up to 30 feet in length–can be hauled out of the water and laid on their side.

2. If you plan to leave your boat aloft, the best place to take it during a hurricane is a small protected body of water called a “hurricane hole.” Ask the Louisiana Marine Patrol, Coast Guard or harbormaster about the availability of hurricane holes in your area.

3. Be sure you have adequate anchors, fenders and extra long lines to secure your boat for a storm. At a dock, make all lines as long as possible and add a second set of oversized lines.

4. Attach chafing gear to each mooring line. Lines tend to break when they rub against the boat or dock. Old canvas or garden hoses can be used by tying and taping it in place around the line.

5. Use duct tape to seal around the hatches, ports, windows, doors and vents.

6. Take home all electronics and valuable equipment. Electronics can be damaged by high water and they’re the first things taken if vandals come aboard after a storm.

7. Remove all boat documents and take them home. They’re the first things taken if vandals come aboard after a storm.

8. Last, but not least, GO HOME. No one should stay aboard a boat during a hurricane. When winds are blowing 100 miles per hour or more, tides are surging and visibility is limited to two or three feet, there is little you can do to save a boat in trouble.

DURING THE HURRICANE

Do not stay in manufactured homes during a hurricane. Even if a manufactured home is anchored, there is no guarantee it will withstand the strong winds of a hurricane. If you are unable to evacuate before the hurricane hits, stay inside. Do not be fooled by the eye of the hurricane and its temporary period of peaceful weather conditions. These are the worst times, when your home is most vulnerable to damage. If the wind is blowing 100 miles per hour or more, you are in grave danger.

During the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. As the water begins rising in advance of the storm–sometimes hours in advance–it erodes the beach and roads. 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ARE YOU READY FOR THE STORM

10 THINGS

The start of hurricane season is a good time to review your existing plans and update them - or to make plans if you’ve never done so before. You have decisions to make should you stay or evacuate. Experts say emergency plans should address basic issues such as these:

MAKE SURE
you have basic emergency supplies, such as a battery-powered radio, flashlights, batteries, a first-aid kit and so forth.

KNOW
the emergency broadcast station frequency for your area.

THINK
about measures you need to take to protect your home & property. Are there things you can do well in advance, such as trimming trees to prepare for a storm? And what will you need to do at the last minute, such as turning off utilities, securing loose items or covering windows?

WHAT ROUTE
would you take during an evacuation? Do have a car, and would you drive? Would you need to depend on public transportation, and if so, will it be available? Check with your area’s emergency manager for information on your community’s evacuation plans.

PETS
How will you provide for your pets’ care and safety? Will you evacuate with them? Will they have plenty of food and shelter if left behind?

MAKE SURE
you have basic emergency supplies, such as a battery-powered radio, flashlights, batteries, a first-aid kit and so forth.

STOCK UP
Keep at least a three-day supply of nonperishable food on hand and devise a means of storing ample water for that time frame, in case you need it.

CONSIDER
if there is someone you would tell if you decided to leave home in an emergency (neighbors, out-of-town relatives or others). Doing this also gives family members someone else to contact about your status if they can’t get in touch with you.

WHERE?
Where would you go if you needed to evacuate? Would you go to a shelter? Do you have out-of-town friends or relatives who could house you? Remember, hotel rooms are difficult to find during an emergency.

PACK
Identification, some cash, copies of important papers, medications you take regularly, clothing for at least a few days and other necessities for daily living. You also might want to take copies of a few family photos or other sentimental items you could reasonably transport.

MAP OUT
where you would meet and who you would call if you were separated from other family members in an emergency.

KNOW
the emergency broadcast station frequency for your area.

THINK
about measures you need to take to protect your home & property. Are there things you can do well in advance, such as trimming trees to prepare for a storm? And what will you need to do at the last minute, such as turning off utilities, securing loose items or covering windows?

WHAT ROUTE
would you take during an evacuation? Do have a car, and would you drive? Would you need to depend on public transportation, and if so, will it be available? Check with your area’s emergency manager for information on your community’s evacuation plans.

PETS
How will you provide for your pets’ care and safety? Will you evacuate with them? Will they have plenty of food and shelter if left behind?
Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should prepare a supply that will last that long. A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored. The easiest way to develop a two-week stockpile is to increase the basic foods you normally keep on your shelves. Remember to compensate for the amount you eat from other sources (such as restaurants) during an average two-week period. You may already have a two-week supply of food on hand. Keeping it fresh is simple. Just rotate your supply once or twice a year.

As you stock food, take into account your family’s unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best. Individuals with special diets and allergies will need particular attention, as will babies, toddlers and the elderly. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

You don’t need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won’t require cooking. Food supplies should include enough nonperishable, high-energy foods to feed you and your family for up to three days. You may be stranded in your home for several days or local stores may run low on supplies. And don’t forget nonperishable foods for your pets. Also, if you go to a public shelter, it is helpful to take as much nonperishable food as you can carry. Make sure you have a can opener and disposable utensils.

- Keep food in the driest and coolest spot in the house—a dark area if possible
- Keep food covered at all times
- Open food boxes or cans carefully so that you can close them tightly after each use
- Wrap cookies and crackers in plastic bags and keep them in tight containers
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests
- Inspect all food containers for signs of spoilage before use
- Store wheat, corn and beans in sealed cans or plastic buckets
- Buy powdered milk in nitrogen-packed cans and leave salt and vitamin C in their original packages
- Bulk quantities of wheat, corn, beans and salt are inexpensive and have nearly unlimited shelf life
NUTRITION TIPS

In a crisis, it will be vital that you maintain your strength. So remember:

- Eat at least one well-balanced meal every day.
- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

WATER AND FOOD STORAGE

For emergency cooking you can use a fireplace, a charcoal grill or camp stove outdoors only. You can also heat food with candle warmers, chafing dishes and fondue pots. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can; remove the label first. Rotate your food supply. Use foods before they go bad and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

Your emergency food supply should be of the highest quality possible. Inspect your reserves periodically to make sure there are no broken seals or dented containers. Place paper or waxed packages in a watertight container, such as a larger plastic bag. This will keep them dry and make them easier to carry.

WATER

THE ABSOLUTE NECTESS

Storing water reserves and learning how to purify contaminated water should be among your top priorities in preparing for an emergency. You should store at least a two-week supply of water for each member of your family. Everyone’s needs will differ, depending on age, physical condition, activity, diet and climate. A normally active person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need more. You will need additional water for food preparation and hygiene. Store at least one gallon per person, per day. If your supplies begin to run low, remember to never ration water. Drink the amount you need today and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

In a hot environment, double your water intake. In a crisis, it will be vital that you maintain your strength. So remember:

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- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
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THREE EASY WAYS TO PURIFY WATER

- PURIFICATION TABLETS release chlorine or iodine. They are inexpensive and available at most sporting goods stores and some drugstores. Follow the package directions. Usually one tablet is enough for one quart of water. Double the dose for cloudy water.
- BOILING is the safest method of purifying water. Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two containers. This will improve the taste of stored water.
- CHLORINATION uses liquid chlorine bleach to kill microorganisms. Add two drops of bleach per quart of water (four drops if the water is cloudy), stir and let stand for 30 minutes. If the water does not taste and smell of chlorine at that point, add another dose and let stand another 15 minutes. If your water supply is limited, try to avoid foods that are high in fat and protein and don’t stock salty foods, that will make you thirsty. Try to eat salt-free crackers, whole-grain cereals and canned foods with high liquid content.

HOW TO STORE EMERGENCY WATER SUPPLIES

Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation.) You can store your water in thoroughly washed plastic containers, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances because tiny amounts may remain in the container’s pores. Sound plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums. Before storing your water, treat it with a preservative; like chlorine bleach to prevent the growth of microorganisms. Use liquid bleach that contains 5.25 percent sodium hypochlorite and no soap. Some contain- ers warn “Not for Personal Use.” You can disregard these warnings if the label states sodium hypochlorite is the only active ingredient and if you use only the small quantities in these instructions.

FLOOD SAFETY

WHAT TO DO BEFORE A FLOOD:

- Understand ‘Watch’ and ‘Warning’ terms.
- Determine if you are in a flood-prone area.
- Purchase NOAA Weather Radio.
- Know how to shut off utilities.
- Purchase flood insurance.
- Keep your car filled with gas.
- Make plans to care for your pets in case you must evacuate.

WHAT TO DO DURING HEAVY RAIN:

- Know what low-lying areas near your home are subject to flooding, such as creeks, drainage channels, streams and bayous.
- Do not try to walk or drive through flooded areas.
- Stay away from moving water.
- Moving water 6 inches deep can sweep you off your feet.
- Evacuate if advised or if you feel threatened.
- If you have time, turn off all utilities at the main switch and move all valuables to a higher floor if possible, but only if you have time.
- If you’re caught in the house by suddenly rising waters, move to the second floor and/or the roof.
- Take photos to record the damage.
- Keep your car filled with gas.
- Shovel out mud while it is still wet.
- Have your water tested before using.
- Wear gloves and boots when cleaning.
- Make any temporary repairs necessary to stop further losses from the elements and to prevent looting.

WHAT TO DO AFTER A FLOOD:

- Stay away from flooded areas.
- When flood waters recede, watch for weakened surfaces.
- Keep your car filled with gas.
- Shovel out mud while it is still wet.
- Have your water tested before using.
- Make any temporary repairs necessary to stop further losses from the elements and to prevent looting.

FLOODING Q&A

Our local flood hazard comes from various sources. When you mention flood zones, naturally most people associate that with the Gulf of Mexico. This is not the only source of flooding—there are numerous marshes, swamps and bayous. Knowing if your property is within a special flood hazard area is important. This knowledge will help you to make decisions about your structure, elevation of the structure and insurance.

The National Flood Insurance Program makes federally backed flood insurance available to residents and business owners. Even if you do not live near water, your home still has a chance of being flooded. In fact, 25 to 30 percent of flood insurance claims are paid in low-risk areas. Flood losses aren’t covered by your homeowners’ insurance policy. Floodwaters have the power to damage not only your home and sense of security, but also your financial future. For more information about the National Flood Insurance Program, call TDD 1-800-877-8339, or visit WWW.FLOODSMART.GOV.
M ore people die each year from lightning strikes than from tornadoes and hurricanes. Start counting when you see a lightning flash. If you hear thunder 5 seconds later, the lightning is a mile away—10 seconds later, it’s 2 miles away.

On average, around 40 million lightning strikes hit the ground each year in the United States. All thunderstorms generate lightning, the country’s second-biggest weather killer. All thunderstorms generate lightning, the country’s second-biggest weather killer. On average, around 40 million lightning strikes hit the ground each year in the United States. All thunderstorms generate lightning, the country’s second-biggest weather killer.

WAYS TO AVOID BECOMING A VICTIM OF LIGHTNING

In the United States, lightning is the second-biggest weather killer, next to floods. Most victims are struck in the open, such as on beaches or golf courses, or when they take shelter from the rain under a tree. But lightning can be dangerous in your home as well.

1. If you are outdoors, you should rush to safety at the first flash of lightning, crack of thunder or even a darkening of the sky.
2. Hazy skies, especially in the east, can often hide thunderstorms.
3. All thunderstorms are dangerous. Forecasters can’t tell, even with sophisticated instruments, whether a storm will produce lightning, crack of thunder or even a darkening of the sky.
4. Never take shelter under a tree.

PUBLIC SHELTER INFORMATION

Shelters are operated by trained individuals and ensure that the safety, security, and basic needs of its residents are met. What to bring to a shelter?

• Change of clothing, blanket, and pillow for each family member.

• Your disaster supply kit, including food, medications, comfort items, and special items for infant or elderly family members.

WHAT NOT TO BRING?

• There are no weapons, drugs or alcohol allowed.

INSTRUCTIONS FOR SPECIAL NEEDS PATIENTS

For residents who have medical special needs, or will need transportation during an evacuation of Terrebonne Parish, please contact the Terrebonne Council on Aging at (985) 856-8311.

To pre-register for Disaster Food Stamp assistance, please call 1-888-LA-HELP-U (1-888-524-3578).

SEVERE WEATHER TERMS TO KNOW...

Natural disasters most likely to occur in Louisiana, particularly in low-lying areas bordering the Gulf of Mexico, include hurricanes and flooding due to heavy rains. Residents should be familiar with several terms that describe severe weather conditions:

STORM SURGE

An abnormal rise of the sea along a shore as the result, primarily, of the winds from a storm.

TROPICAL STORM/HURRICANE WATCH

Adverse conditions are possible in the specified area of the WATCH, usually within 48 hours. May be applied to thunderstorms, tornadoes, floods, or hurricanes.

TROPICAL STORM/HURRICANE WARNING

Adverse conditions are occurring in the specified area of the WARNING, usually within 36 hours. May be applied to thunderstorms, tornadoes, floods, or hurricanes.

PREPARING YOUR ANIMALS

Making plans for your family is extremely important. Don’t forget to plan for the animals in your life, too!

• The location of your evacuation destination may or may not provide sheltering opportunities. Species-specific disaster preparedness advice is available at www.lsaat.org

• Create a disaster readiness kit for your animal that includes food, water, first aid supplies, feeding supplies and other items that are necessary to keep your animal comfortable for at least 5-7 days.

• Remember, animal ownership is a responsibility! Be ready to take care of your whole family.

THE UNDERRATED KILLERS

The first 72 hours are on you. Be ready to respond to any situation by assembling and maintaining a Disaster Supply Kit with enough food, water, and other supplies for each person in your family for 72 hours.

Autumns offer lightning shelter

1. Lightning hits the vehicle.
2. Current flows through metal toward the ground.
3. Lightning jumps from the wheels to the ground and can blow out tires.

Lightning can reach inside and kill

1. If lightning hits a house or other building, it can flow through plumbing, electrical, telephone wires or television cables.
2. Lightning has killed people talking on phones.

NOAA Weather Radio

NOAA’s National Weather Service

WWW.NWS.NOAA.GOV/NWR/

Are you prepared? June 1 - November 30

During a storm, services may not be available. Transportation may be cut off and roads may be inaccessible. In some cases, you may be forced to evacuate.

Be ready to respond to any situation by assembling and maintaining a Disaster Supply Kit with enough food, water, and other supplies for each person in your family for 72 hours. It may take up to 72 hours for relief supplies to be delivered to Terrebonne Parish.

A disaster supply kit is one of the most important assets that you and your family can have prepared. An example of a fully stocked disaster supply kit should include the following:

(A minimal, a three day supply)

WATER: non-potable food, formula, and diapers for infants; first aid kit; clothing and bedding; tools and emergency supplies; cash or travelers checks; flashlight and extra batteries; non-electric can opener; utility knife; the evacuation and AIK; duct tape; wet wipes; toilet paper; bandages; and星光. Appropriate for emergency supplies; first aid kit; cash or travelers checks; flashlight and extra batteries; non-electric can opener; utility knife; duct tape; toilet paper; bandages; and星光.

FOR HELP BUILDING YOUR DISASTER SUPPLY KIT, GO TO WWW.GETACANEPLAN.COM

Store your kit in a convenient place known to all family members. Keep a smaller version of the supply kit in the trunk of your car. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

Keep these items in a waterproof container that can be easily transported from your home to your car and your safe place. Assemble your kit now to allow for immediate action during an emergency.

Sure to pick up our emergency preparedness guide for more details.

Available at local businesses in Terrebonne Parish.

Call emergency notifications by text and email. Visit tohsep.com/terrebonnealert and click sign up to begin your registration.
Advisories are numbers consecutively for each storm, and describe the present and forecast position and intensity of the storm. Tropical cyclone advisories are issued at six-hour intervals—at 4am, 10am, 4pm and 10pm Central Daylight Time. Bulletins provide additional information. Each message gives the name, eye position, intensity and forecast movement of the tropical cyclone. Hurricane eye positions are given by latitude (for example, 13.2 degrees North) and longitude (for example, 57.8 degrees West), to the nearest one-tenth of one degree.

TO PLOT THE LOCATION OF A STORM:
A Find the latitude of the storm (the first coordinate in the pair), and locate the horizontal line on the map that matches this latitude.
B Find the longitude (the second coordinate in the pair, usually followed by a W or E), and locate the vertical line on the map that matches this longitude.
C Find the place on the map where the two lines intersect. This is the location of the storm eye. Draw a symbol at this spot, and note the advisory number, eye position, intensity, forecast direction of movement, the date and time next to the symbol.

BECAUSE HURRICANES CHANGE DIRECTION VERY QUICKLY, YOU SHOULD CONCENTRATE MORE ON WHERE THE STORM WILL GO THAN WHERE IT HAS BEEN.

HURRICANE WARNING CHECKLIST
- Freeze-dried food
- Ice chest, water
- Battery-powered radio
- Flashlight
- Batteries
- Fuel, first aid kit
- Sleeping bag
- Matches, candles
- Prescription medications
- Eyeglasses
- Items for infants and elderly
- Pet food and supplies
- Backup of computer on external hard drive
- Checkbook, cash and credit cards
- Map of area

HURRICANE CATEGORIES

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>WIND SPEED MPH</th>
<th>DAMAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>74-95</td>
<td>Very dangerous winds will produce some damage</td>
</tr>
<tr>
<td>2</td>
<td>96-110</td>
<td>Extremely dangerous winds will cause extensive damage</td>
</tr>
<tr>
<td>3</td>
<td>111-129</td>
<td>Devastating damage will occur</td>
</tr>
<tr>
<td>4</td>
<td>130-156</td>
<td>Catastrophic damage will occur</td>
</tr>
<tr>
<td>5</td>
<td>&gt;156</td>
<td>Catastrophic damage will occur</td>
</tr>
</tbody>
</table>

* MERCATOR PROJECTION
  - The scale is accurate along the equator.
  - Distances on the map are increased toward poles.

* TURBINE SINES 44° 50° 55° 60° 65° 70° 75° 80° 85° 90° 95° 100°
  - 100° 95° 90° 85° 80° 75° 70° 65° 60° 55° 50° 45° 40° 35° 30° 25° 20° 15° 10° 5° 0°
  - 0° 5° 10° 15° 20° 25° 30° 35° 40° 45° 50° 55° 60° 65° 70° 75° 80° 85° 90° 95° 100°
**PHASED EVACUATION**

During a threat of a hurricane, a phased evacuation will be based on geographic location and time in which tropical storm winds are forecasted to reach the affected areas.

**PHASE I**

50 hours before onset of tropical storm winds. Includes areas south of the Intracoastal Waterway. These areas are outside any levee protection system and are vulnerable to Category 1 and 2 storms. During Phase I, there are no route restrictions.

**PHASE II**

40 hours before onset of tropical storm winds. Includes areas south of the Mississippi River which are levee protected but remain vulnerable to Category 2 or higher storms. During Phase II, there are no route restrictions.

**PHASE III**

30 hours before onset of tropical storm winds. Includes areas on the East Bank of the Mississippi River in the New Orleans Metropolitan Area which are within levee protection system but remain vulnerable to a slow moving Category 3 or any Category 4 or 5 storm. During Phase III, certain routes will be directed and the Contraflow Plan implemented.

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**DURING A HURRICANE OR TROPICAL STORM WATCH OR WARNING**

- Listen to radio/television for storm progress reports.
- Check emergency supplies.
- Fuel your car.
- Board up windows and check tie-downs on your travel trailer or mobile home.
- Turn refrigerator and freezer to coldest settings.
- Store drinking water.
- Review evacuation plan.

**LOCAL NUMBERS**

- Houma Police Department: 985-873-6371
- Terrebonne Parish Council on Aging: 985-569-3411
- Terrebonne Parish Animal Shelter: 985-673-6799
- Terrebonne Parish Community Hotline: 1-844-916-4737
- Terrebonne Parish Sheriff’s Office: 985-870-2000
- Terrebonne Parish Council on Aging: 985-673-6799
- Terrebonne Parish School Board: 985-870-2000
- Terrebonne Parish Utilities Department: 985-873-0979
- Terrebonne Parish Public Works: 985-873-0575
- Terrebonne Parish Emergency Preparedness: 985-873-6357

**RADIO FREQUENCY SYSTEM**

**LOUISIANA EMERGENCY ALERT SYSTEM**

The following radio stations are key participants in the Louisiana Emergency Alert System. In the Event of an emergency, these stations will broadcast emergency information.

**ALEXANDRIA**

- AM 1610 / FM 107.7
- KZDQ (Radio One)
- KVZ (KXQK)
- WOBJECT (KQIQ)

**Baton Rouge**

- AM 1310 / FM 106.3
- WBBF (Radio One)
- KMVL (KXQK)
- KROQ (WQXK)

**CROWLEY**

- AM 1570 / FM 102.9
- KQID (KXQK)
- WBBF (KXQK)

**HOUMA**

- AM 1620 / FM 93.7
- WWLL (KXQK)
- WWLL (KXQK)
- WWLL (KXQK)

**LAFAYETTE**

- AM 1290 / FM 94.9
- KQID (KXQK)
- WWLL (KXQK)

**NEW ORLEANS**

- AM 1230 / FM 104.5
- WWLL (KXQK)
- WWLL (KXQK)
- WWLL (KXQK)

- AM 1150 / FM 107.5
- WWLL (KXQK)
- WWLL (KXQK)
- WWLL (KXQK)

- AM 1130 / FM 94.5
- WWLL (KXQK)
- WWLL (KXQK)
- WWLL (KXQK)

**NOAA WEATHER RADIO (NWR)**

NOAA Weather Radio is a nationwide network of radio stations broadcasting continuous weather information direct from a nearby National Weather Service Office. NWR broadcasts National Weather Service warnings, watches, forecasts and other hazardous information 24 hours a day.

**IF PARISH OR STATE OFFICIALS TELL YOU TO EVACUATE**

- Leave as soon as possible.
- Make a Family Communication Plan. Tell someone outside of the storm area where you are going.
- Take emergency supplies, clothing and blankets/blankets to shelter.
- Protect your home by unplugging appliances and turning off electricity and water.
- Turn off the main electrical power switch.
- Turn off the main water valve and disconnect the hose.
- Turn propane tanks off.
- Fuel your car.
- Board up windows and check tie-downs on your travel trailer or mobile home.
- Turn refrigerator and freezer to coldest settings.
- Store drinking water.
- Review evacuation plan.

**PHASED EVACUATION**

During a threat of a hurricane, a phased evacuation will be based on geographic location and time in which tropical storm winds are forecasted to reach the affected areas.

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**THUNDERSTORMS**

**BEFORE THE STORM**

- Know the parish in which you live and the names of nearby cities. Severe weather warnings are issued on a parish by parish basis.
- Check the weather forecast before leaving for extended periods outdoors.
- Watch for signs of approaching storms. If a storm is approaching, keep a NOAA Weather Radio or AM/FM radio with you.
- Postpone outdoor activities if thunderstorms are imminent. This is your best way to avoid being caught in a dangerous situation.
- Check on those who have trouble taking shelter if severe weather threatens.

**WHEN THUNDERSTORMS APPROACH**

- Remember: If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately.
- Move to a sturdy building or car. Do not take shelter in small sheds, under isolated trees or in convertible auto mobiles.
- If lightning is occurring and a sturdy shelter is not available, get inside a hard-top automobile and keep the windows up.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances. Use phones ONLY in an emergency.
- Do not take a bath or shower.
- Turn off air conditioners. Power surges from lightning can overload the compressors.
- Get to higher ground if flash flooding or flooding is possible. Once flooding begins, abandon a car and climb to higher ground. Do not attempt to drive to safety. Note: Most flash flood deaths occur in automobiles.

**IF CAUGHT OUTDOORS AND NO SHELTER IS NEARBY**

- Find a low spot away from trees, fences and poles.
- Make sure the place you pick is not subject of flooding.
- If you are in the woods, take shelter under the shorter trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible and minimize your contact with the ground.
- If you are boating or swimming, get to land and find shelter immediately.
TORNADOES

NATURE’S MOST VIOLENT STORMS

TERMS USED TO DESCRIBE TORNADO THREATS:
A TORNADO WATCH means tornadoes, severe thunderstorms, or both, are possible. Stay tuned to radio and television reports in your area.
A TORNADO WARNING means you should take shelter immediately; a tornado has been sighted.
TORNADO: A strong, rotating column of air extending from the base of a cumulonimbus cloud to the ground.
FUNNEL CLOUD: A rotating column of air extending from a cloud, but not reaching the ground.
SEVERE THUNDERSTORM: A thunderstorm with winds 58 mph or faster or hailstones three quarters of an inch or larger in diameter.

WHAT TO DO DURING A TORNADO:
When a tornado has been sighted, stay away from windows, doors and outside walls. Protect your head from falling objects of flying debris. Take cover immediately, wherever you are.
1. In a house or small building, go to the basement or storm cellar.
2. If there is no basement, go to an interior part of the structure on the lowest level (closets, interior hallways).
3. In either case, get under something sturdy (such as a heavy table) and stay there until the danger has passed.

SAFETY RULES FOR YOU AND YOUR FAMILY:
Tornadoes are nature’s most violent—and erratic—storms. A tornado can travel for miles along the ground, lift and suddenly change direction and strike again. There is little you can do to protect your home or workplace from the strength of tornado winds, but there are actions you can take to better protect yourself and your family.

WHAT TO DO TO AVOID WINDOWS:
An exploding window can injure or kill. Don’t take the time to open windows; get to shelter immediately. Open windows are not needed to keep unequal air pressure from making the house explode as once thought. Tornado winds, not unequal pressure, destroy buildings.
1. Air pressure inside can be 10 percent lower than outside ...
2. … but houses have openings other than windows that will relieve pressure differences.
3. Winds as low as 60 mph can lift roofs that aren’t well attached.
4. Flying debris often breaks windows, allowing wind inside to push up on the roof and out on the walls.
5. If wind rips off the roof, the walls often fall outward, leading to the mistaken impression that air pressure had “exploded” the building.

AT HOME
The safest place in the home is the interior, preferably under something sturdy like the table. Stay out from under heavy objects like pianos or refrigerators located on the floor above. If you have no basement, or cannot get there, go to an interior room on the lowest floor of the house, like a closet, hallway or bathroom with no windows. For added protection, get under something like a workbench or heavy table. If possible, cover your body with a blanket or sleeping bag and protect your head with anything available, even your hands.

MOBILE HOMES
Do not stay in a mobile home during a tornado. Even homes with a secure tie-down system cannot withstand the force of tornado winds. Plan ahead. Make arrangements to stay with friends or neighbors who have basements. Go there if a tornado watch is issued. If a tornado warning is given, leave your mobile home and seek shelter nearby. Lie flat in a ditch or ravine and put your arms over your head. Don’t take shelter under your home. Encourage your mobile home community to build a tornado shelter if you live in a tornado-prone area.

LONG-SPAN BUILDINGS
Long-span buildings are especially dangerous because the entire roof structure is usually supported solely by long-span building columns. Tornado winds, not unequal pressure, destroy buildings.
1. Air pressure inside can be 10 percent lower than outside ...
2. … but houses have openings other than windows that will relieve pressure differences.
3. Winds as low as 60 mph can lift roofs that aren’t well attached.
4. Flying debris often breaks windows, allowing wind inside to push up on the roof and out on the walls.
5. If wind rips off the roof, the walls often fall outward, leading to the mistaken impression that air pressure had “exploded” the building.

ON THE ROAD
The least-desirable place to be during a tornado is in a motor vehicle. Cars, buses and trucks are tossed easily by tornado winds. Do not try to outrun a tornado in your car. If you see a tornado, stop your vehicle and get out. Seek shelter away from the car in a nearby ditch or ravine; do not get under your vehicle. Lie flat and put your arms over your head.

IN THE OPEN
If you are caught outside during a tornado and there is no underground shelter immediately available, lie in a gulley, ditch or low spot in the ground.

SCHOOLS, HOSPITALS, NURSING HOMES AND OFFICE BUILDINGS
Extra precautions are needed in these structures. Not only is there a large concentration of people in a small area, but these buildings usually have large amounts of glass on the outside walls. Get into the innermost portions on the lowest floor possible. Avoid windows and glass doorways. Do not use elevators; the power may go off and you could become trapped. Protect your head and make yourself as small a target as possible by crouching down.

FUJITA SCALE LEVEL OF DAMAGE
F-0 (65-85 MPH) LIGHT
F-1 (86-110 MPH) MODERATE
F-2 (111-135 MPH) CONSIDERABLE
F-3 (136-165 MPH) SEVERE
F-4 (166-200 MPH) DEVASTATING
F-5 (200 MPH+) INCREDIBLE

TERREBONNE EMERGENCY PREPAREDNESS GUIDE
TORNADOES

**MYTH:**
Windows should always be opened to equalize pressure.

**FACT:**
Opening windows to equalize pressure during a tornado is ineffective in reducing damage. Don’t worry about the windows; worry about protecting yourself. Also, flying glass is a real hazard.

**MYTH:**
A mobile home is never safe in a violent windstorm like a tornado. If you’re in a mobile home when a tornado watch is announced, leave and go immediately to a safe structure, or be prepared to take cover in a low area, protecting your head with your hands.

**FACT:**
The southwestern corner of a building is no safer than any other part of the building. The safest place is to be in a basement under something sturdy like a workbench. If there is no basement, seek shelter in a small interior room in the middle of the building, such as a closet or a bathroom. Always stay away from outside walls and windows.

**MYTH:**
The best place to be during a tornado is in the southwest corner of a building.

**FACT:**
The best place to be during a tornado is in a low area, get away from the car and lie in a ditch or low area, protecting your head with your hands.

**MYTH:**
You can outrun a tornado in a car.

**FACT:**
Don’t bet your life on it. A tornado is unpredictable; you can’t know which way it’s going to go, or how fast. If you’re in a car and a tornado is near, get away from the car and lie in a ditch or low area, protecting your head with your hands.

**MYTH:**
The southwest corner is no safer than any other part of the building.

**FACT:**
The southwest corner of a building is no safer than any other part of the building. The safest place is to be in a basement under something sturdy like a workbench. If there is no basement, seek shelter in a small interior room in the middle of the building, such as a closet or a bathroom. Always stay away from outside walls and windows.

**MYTH:**
Mobile homes are safe if they are tied down.

**FACT:**
Mobile homes are safe if they are tied down.

**FACT:**
The best place to be during a tornado is in the southwest corner of a building.

**MYTH:**
Myth: You can outrun a tornado in a car.

**FACT:**
Fact: Opening windows to equalize pressure during a tornado is ineffective in reducing damage. Don’t worry about the windows; worry about protecting yourself. Also, flying glass is a real hazard.

**MYTH:**
Myth: The best place to be during a tornado is in the southwest corner of a building.

**FACT:**
The best place to be during a tornado is in the southwest corner of a building.

**MYTH:**
Myth: Mobile homes are safe if they are tied down.

**FACT:**
Fact: Mobile homes are safe if they are tied down.

TSUNAMIS

Tsunamis are among Earth’s most infrequent hazards. But even though tsunamis do not occur very often, and most are small and nondestructive, they pose a major threat to coastal communities, particularly in the Pacific. A tsunami can strike any ocean coast at any time. There is no season for tsunamis. We cannot predict where, when or how destructive the next tsunami will be. However, while tsunamis cannot be prevented, there are things you can do before, during and after a tsunami that could save your life and the lives of your family and friends. Read these pages to learn about tsunamis and what you can do to keep yourself and your loved ones safe in the event of a tsunami.

Even though tsunamis happen infrequently, it is still important to prepare for one if you live, work or play on the coast. Many of the things you need to do to prepare for a tsunami are the same as those you need to do to prepare for the other hazards that may impact your community. But some actions are unique to tsunamis since response time may be limited. It is not hard, and it is not expensive. Here are some things you can do now to help protect yourself and your loved ones in case a tsunami ever strikes your community.

**KNOW YOUR RISK**

- Find out if your community is TsunamiReady. Communities recognized by the National Weather Service as TsunamiReady are better prepared for tsunamis.
- Understand the warnings.
- There are two ways that you may be warned that a tsunami is coming: an official tsunami warning and a natural tsunami warning. Both are equally important. You may not get both.
- Be prepared to respond immediately to whatever you hear or see first.

**PRACTICE ALL-HAZARDS PREPAREDNESS**

- Get a battery-operated NOAA Weather Radio to receive official alerts and other hazard information 24 hours a day, 7 days a week.
- Sign up for email and text message alerts from your local emergency management office and make sure your mobile devices are set to receive wireless emergency alerts.
- Make an emergency plan and a family communication plan and put together a portable disaster supplies kit.

- Make an emergency plan and a family communication plan and put together a portable disaster supplies kit.
kit that is easily accessible and contains basic items you and your family may need in any emergency. Include your pets in all your preparedness efforts. Since you do not know where you will be when disaster strikes, prepare kits for work and your car, too.
• Meet with your family to discuss the plan and why you need to prepare for a disaster.
• Practice your plan and keep it up-to-date.
• Be a role model. Share your knowledge and plans with friends and neighbors so they can prepare themselves and their loved ones.

**PLAN FOR EVACUATION**

If your home, school, workplace or other frequently visited places are in tsunami hazard or evacuation zones, your emergency plan should include evacuation plans.
• Find out from your local emergency management office if there are evacuation routes and assembly areas identified for your community and if a map is available.
• If assembly areas are not identified, plan to evacuate to a safe place that is on high ground or inland (away from the coast) and outside the tsunami hazard or evacuation zone. You may need to identify more than one safe place, depending on where you may be when you get a tsunami warning (e.g., home, work, etc.). You should plan to be able to reach your safe place on foot if you can because of possible road damage, closed roads and traffic jams.
• If you are concerned that you will not be able to reach a safe place in time, ask your local emergency management office about vertical evacuation. Some strong (e.g., reinforced concrete) and tall buildings may be able to provide protection if no other options are available.
• Map out evacuation routes to your safe place(s) from your home, workplace or any other place you visit often that is in a tsunami hazard or evacuation zone.
• Practice walking your evacuation routes, including at night and in bad weather. Familiarity with the routes will make evacuation quicker and easier if you ever need to evacuate for real.
• If you have children that go to school in a tsunami hazard or evacuation zone, find out about the school’s plans for evacuating and keeping the children safe. Find out where the assembly area is and where you should pick up your children after the danger has passed.
• If you are visiting an area at risk for a tsunami, find out about local tsunami safety. Your hotel or campground may be able to provide you with tsunami warning and evacuation information. It is important to know this information before a warning is issued. You may not have a lot of time after a warning. You do not want to waste it figuring out what to do.

**PLAN FOR SAFE BOATING**

If you are on a boat and you get a tsunami warning, your response will depend on the size of the tsunami, the currents it produces, where you are, how much time you have before the first wave arrives and the weather at sea. If you are a boat owner or captain:
• Make sure you have a way to receive tsunami warnings when you are on the water. The U.S. Coast Guard will issue urgent marine information broadcasts on your marine VHF radio’s channel 16. Additional information will be available from NOAA Weather Radio.
• Find out how to respond to a tsunami warning and what to do if you are at sea when a damaging tsunami strikes your coast. Your harbor master, port captain, the U.S. Coast Guard and local and state emergency management offices are the best sources for tsunami safety information and regulations for boaters in your area.
• Make a plan and put together a disaster supplies kit to keep on board your boat. Be aware that shore facilities may be damaged, so if you are at sea during a tsunami, you may not be able to return to the harbor you left. Be prepared to remain at sea for a day or more.

During a tsunami, dangerous coastal flooding and powerful currents are possible and may continue for several hours or days after initial arrival. The first wave may not be the last or the largest.

**RESPOND TO A TSUNAMI WARNING**

How you respond to a tsunami warning depends on where you are and how you receive the warning. As described in Understanding the Warnings, there are two types of tsunami warnings, official and natural. Both are equally important and suggest the potential for a tsunami that may cause widespread flooding. You may not get both types of warnings. Be prepared to respond to whatever you hear or see first. For your safety and others, always follow instructions from local officials.

If you are outside of the tsunami hazard or evacuation zone and you receive an official or natural tsunami warning, a tsunami is possible or likely, but you are in a safe place. Stay where you are unless local officials tell you otherwise.

**OFFICIAL TSUNAMI WARNING**

If you are anywhere in a tsunami hazard or evacuation zone or a low-lying coastal area and you receive an official tsunami warning, a tsunami is likely. The warning will estimate the tsunami’s arrival time, describe potential impacts and recommend actions to take.
• Stay out of the water and away from beaches and waterways.
• Get more information about the threat and what to do from NOAA Weather Radio, local radio or television or your mobile device (text or data). Limit nonemergency phone calls to keep the lines open for emergency communications.
• If local officials ask you to evacuate, implement your emergency plan and move quickly to your safe place outside the hazard or evacuation zone unless officials tell you to go somewhere else. If you do not have a safe place or cannot reach it, follow evacuation signs to safety or go as high or as far inland (away from the water) as possible.

**NATURAL TSUNAMI WARNING**

If you are in a tsunami hazard or evacuation zone or a low-lying coastal area and you feel a strong or long earthquake, the ocean acts strangely (e.g., it looks like a fast-rising flood or a wall of water or it drains away suddenly, showing the ocean floor like a very low tide) OR there is a loud roar coming from the ocean, a tsunami is possible and could arrive within minutes.
• In case of an earthquake, protect yourself. Drop, cover and hold on. Be prepared for aftershocks, which happen frequently after earthquakes. Each time the earth shakes, drop, cover and hold on.
• Do not wait for an official tsunami warning or for instructions from local officials.
• As soon as you can move safely, implement your emergency plan and move quickly to your safe place outside the hazard or evacuation zone. If you do not have a safe place or cannot reach it, follow evacuation signs to safety or go as high or as far inland (away from the water) as possible.
• When you are in a safe place, get more information about the threat and what to do from NOAA Weather Radio, local radio or television or your mobile device (text or data). Limit nonemergency phone calls to keep the lines open for emergency communications.
• If there is earthquake damage, avoid fallen power lines and stay away from buildings, bridges and piers because heavy objects may fall from them during an aftershock.
• Follow instructions from local officials. It is their job to keep you safe.
• Stay out of the tsunami hazard or evacuation zone until local officials tell you it is safe. The first wave may not be the last or the largest and the danger may last for hours or days.

**STAY SAFE**

• If there is earthquake damage, avoid fallen power lines and stay away from buildings, bridges and piers because heavy objects may fall from them during an aftershock.
• Follow instructions from local officials. It is their job to keep you safe.
• Stay out of the tsunami hazard or evacuation zone until local officials tell you it is safe. The first wave may not be the last or the largest and the danger may last for hours or days.

**STAY INFORMED**

Keep listening to NOAA Weather Radio or local radio or television or using your mobile device (text or data) to get the latest updates. Limit nonemergency phone calls to keep the lines open for emergency communications.
UTILITY COMPANIES HAVE HURRICANE PLANS IN PLACE.

ELECTRIC SAFETY TIPS
Utility company tips and guidelines will help you remain safe and steer clear of danger.

AS THE STORM APPROACHES:
• Turn your refrigerator and freezer to their coldest settings. This will keep your food fresh longer if you lose power during the storm.
• Unplug other appliances and electronic equipment.
• If it looks as though water may enter your home, it’s a good idea to open the main breaker in your electrical breaker box in order to cut off power.
• If you own a swimming pool, turn off all pumps and filters. If not, water from the approaching storm could damage them.

AFTER THE STORM:
• Please use common sense—electricity and water do not mix.
• Never attempt to plug in or use an electrical appliance or device while in standing water or on a damp surface.
• If water was in your home, for safety reasons, you should have your electrical wiring inspected by a qualified electrician as quickly as possible.
• Electric motors that get wet should be thoroughly checked by an electrician or certified repairman before being reconnected to a power source.
• Keep freezer and refrigerator doors closed while you are without power. Food should stay good in a full freezer for about two days and for about six hours in your refrigerator.
• Once power is restored, check frozen food immediately. If the food is still firm in the center and contains ice crystals, it can be safely refrozen. If it has thawed, but is still cold to the touch, you should cook it before refreezing it. Foods that have reached room temperature should be discarded.
• Once you have reported your outage, there is no reason to report it again unless your neighbors’ power comes back on and yours does not.
• Please be patient. Utility crews will be working as quickly as possible to restore power to all customers.
WHEN THE STORM IS OVER, THE DANGER IS NOT
The winds may have subsided, but energized lines can still be hazards. Please:
• Report downed lines or poles.
• Use caution in removing debris. Tree limbs and damp wood can conduct electricity.
• Watch children closely to make sure they stay away from all electrical devices and wall outlets when water is present.
• If lines are dangling or have fallen—stay away from them. A downed power line can be energized and deadly. Call your utility company immediately.

GAS SAFETY
Only turn off your gas service if you feel comfortable doing so and can do it safely.
• If you have a severed line or blowing gas, crews will respond as quickly as possible.
• If you have lost gas service and your home has not been flooded, call the gas company that supplies your gas.

IF THE ODOR IS STRONG:
• Do not light matches.
• Do not turn lights on or off.
• Do not use the telephone.
• If possible, notify everyone in the building to leave immediately.
• Do not reenter your home until it’s safe to do so.

AFTER THE STORM:
• If your gas appliances have been under water, you should call a licensed gas fitter/plumber to inspect and repair them.
• If high water has extinguished the gas pilot, the gas supply should be cut off as quickly as possible.
• To relight, call a licensed plumber or your utility company.

POWER IS RESTORED FROM THE SOURCE OUT
Following a storm, restoration efforts proceed in an orderly manner, beginning at the source and working outward.
1. Large transmission lines are restored first, followed by substations. These two facilities must be in working order to deliver power to local areas.
2. Next, emergency services, life support facilities and communications networks are restored.
3. Then, the restoration of feeder lines that serve larger numbers of customers is completed, followed by lines serving neighborhoods.
4. Individual services, often the most time-consuming repairs, are restored last.

GENERATOR SAFETY
Never use a generator indoors—carbon monoxide from the exhaust is deadly.
• Do not plug the generator into a wall outlet.
• Use a licensed electrician to hook up standby electrical systems.
• Main breakers should be opened to avoid feeding power back into utility lines and creating a hazard for the public and power line.

To prevent overloading your generator, add up the total wattage of all loads to be connected to the unit at one time. This total should not be greater than that unit’s rated wattage capacity. Allow 2.5 times the listed wattage for starting the indicated equipment.

THE FOLLOWING CHART IS PROVIDED TO ASSIST YOU IN DETERMINING HOW MANY ITEMS YOUR GENERATOR CAN OPERATE AT ONE TIME.

<table>
<thead>
<tr>
<th>TYPICAL WATTAGE REQUIREMENT CHART*</th>
<th>RUNNING WATTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquarium</td>
<td>50-1210</td>
</tr>
<tr>
<td>Clock Radio</td>
<td>10</td>
</tr>
<tr>
<td>Coffee Maker</td>
<td>900-1200</td>
</tr>
<tr>
<td>Clothes Washer</td>
<td>350-500</td>
</tr>
<tr>
<td>Clothes Dryer</td>
<td>1800-5000</td>
</tr>
<tr>
<td>Personal Computer</td>
<td>270</td>
</tr>
<tr>
<td>Ceiling Fan</td>
<td>175-650</td>
</tr>
<tr>
<td>Hair Dryer</td>
<td>1200-1875</td>
</tr>
<tr>
<td>Heater (portable)</td>
<td>750-1500</td>
</tr>
<tr>
<td>Lightbulb (100 watt)</td>
<td>100</td>
</tr>
<tr>
<td>Microwave Oven</td>
<td>1100-7560</td>
</tr>
<tr>
<td>Radio</td>
<td>70-400</td>
</tr>
<tr>
<td>Refrigerator (16 cubic feet)</td>
<td>725</td>
</tr>
<tr>
<td>Television (19 in)</td>
<td>65-110</td>
</tr>
</tbody>
</table>

*Source: U.S. Department of Energy

You should NEVER connect a generator directly to your house without a transfer switch. A transfer switch will prevent the back-feed of electricity back to the main utility lines.
UTILITY SAFETY

UTILITY ELECTRIC CUSTOMERS
Wind, rain and flood damage to homes and businesses from a major hurricane could prohibit customers from receiving power from their utility company despite their success in restoring the electric distribution system.

ELECTRIC CUSTOMERS WITH PROPERTY DAMAGE - YOU MAY NEED A LICENSED ELECTRICIAN
If your property has any water damage, please turn off the electricity at either the main fuse box or circuit breaker. Call a licensed electrician for advice when necessary. Do not step in water to get to the fuse box or circuit breaker.

A licensed electrician may need to inspect your property’s electric wiring before the utility company can restore power to a home or business that has water damage from rain or floodwaters.

PLEASE DO THE FOLLOWING:
1. Have repairs made by a licensed electrician.
2. Have repairs certified by a city or parish inspector.
3. Call your utility company when repairs have been certified by a city or parish inspector.

ELECTRIC CUSTOMERS WITHOUT PROPERTY DAMAGE
Property owners without hurricane damage should still be cautious. Look for electrical system damage once power is restored. If you see sparks, broken or frayed wires, or the smell of hot insulation is noticeable, turn off the electricity at either the main fuse box or circuit breaker. Call a licensed electrician for advice when necessary. Do not step in water to get to the fuse box or circuit breaker.

IF YOUR NATURAL GAS IS TURNED OFF, FOR SAFETY’S SAKE, LEAVE IT OFF.
If you have pipe damage, you will need a licensed plumber.

To help ensure your personal safety and the safety of your property, your natural gas service may have been turned off. Please do not attempt to turn it on yourself. This could cause a safety hazard for you and your property.

If your home was flooded or sustained structural damage, you should contact a licensed plumber to inspect gas piping and make repairs.

PLEASE DO THE FOLLOWING:
1. Have repairs made by a licensed plumber
2. Have repairs certified by a city or parish inspector
A utility company will arrange to have gas service turned on at your home as soon as an inspector has certified that repairs have been made and you have had a certified plumber and inspector confirm that gas service is safe to turn on. Someone must be present for your gas to be turned on.

SAFETY REMINDER
If you smell gas at your home or in any other building, you should leave the area immediately and go to a safe area.

HEAT DISORDERS:
SYMPTOMS AND FIRST AID

SUNBURN
• Redness and pain.
• In severe cases, swelling of skin and/or blisters.
• Fever and/or headaches.

FIRST AID:
• Ointments for mild cases if blisters appear and do not break.
• If breaking occurs, apply dry sterile dressing.
• Serious, extensive cases should be seen by a physician.

HEAT CRAMPS
• Painful spasms usually in muscles of legs and abdomen are possible.
• Heavy sweating.

FIRST AID:
• Firm pressure on cramping muscles or gentle massage to relieve spasm.
• Give sips of water.
• If nausea occurs, stop.

HEAT EXHAUSTION
• Heavy sweating, weakness, skin cold, pale and clammy.
• Pulse thready.
• Normal temperature possible.
• Fainting and vomiting.

FIRST AID:
• Get victim out of sun.
• Lie down and loosen clothing.
• Apply cool, wet cloths.
• Fan or move victim to air-conditioned room.
• Sips of water.
• If nausea occurs, stop.
• If vomiting continues, seek immediate medical attention.

HEAT STROKE (OR SUNSTROKE)
• High body temperature (106 F or higher).
• Hot, dry skin.
• Rapid, strong pulse.
• Possible unconsciousness.

FIRST AID:
• HEAT STROKE IS A SEVERE MEDICAL EMERGENCY.
• SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO THE HOSPITAL IMMEDIATELY.
• DELAY CAN BE FATAL.
• Move the victim to a cooler environment.
• Reduce the body temperature with cold bath, or sponging.
• Use extreme caution.
• Remove clothing, use fans and air conditioners.
• If temperature rises again, repeat process.
• Do not give fluids.

DO NOT DRINK ALCOHOLIC BEVERAGES.
DO NOT TAKE SALT TABLETS UNLESS SPECIFIED BY A PHYSICIAN.
Persons on salt-restrictive diets should consult a physician before increasing their salt intake.

SPEND MORE TIME IN AIR-CONDITIONED PLACES.
Air-conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.

DON’T GET TOO MUCH SUN. Sunburn makes the job of heat dissipation more difficult.

SLOW DOWN. Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day; individuals at risk should stay in the coolest available place, not necessarily indoors.

DRESS FOR SUMMER. Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.

PUT LESS FUEL ON YOUR INNER FIRES. Foods (like proteins) that increase metabolic heat production also increase water loss.

DRINK PLENTY OF WATER OR OTHER NON-ALCOHOLIC FLUIDS. Your body needs water to keep cool. Drink plenty of fluids even if you don’t feel thirsty. Persons who (1) have epilepsy or heart, kidney or liver disease, (2) are on fluid-restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

HEAT WAVES

SAFETY TIPS

FIRST AID:
• If temperature rises again, repeat process.
• Remove clothing, use fans and air conditioners.
• If temperature rises again, repeat process.
• Do not give fluids.
**EXPECT FIRE**

By taking the attitude that “It can happen here,” you and your family will be more prepared to face a fire when it occurs. It may be difficult to overcome the natural reluctance to consider that a fire could happen to you.

**KNOW YOUR ENEMY**

Any soldier will tell you that your best defense is to understand your enemy. In your war against fire, this understanding begins with the knowledge of these three things:
- How fires start in the home.
- How fires and the dangerous products of combustion spread through the house.
- The speed with which this happens.

Fire safety rules are of special importance in an emergency, but also should be observed every day to prevent disaster. More fire deaths occur in the home. There is one-low cost, easily obtainable device that has proven itself in saving lives—a smoke detector. Deaths from fires in the home have been substantially reduced when present.

A smoke detector should be placed as close as possible to the bedrooms. It is also a good idea to install a smoke detector on each level near stairways to the rest of the house. Smoke detectors should be checked and maintained regularly. Each member of your family should know what to do if the smoke detector goes off. A little time spent selecting escape routes and practicing what to do may save lives if a fire occurs in your home. Agree on a place to meet outside so you can be sure everyone gets out of the house safely. Common sense fire prevention rules are of special importance in an emergency.

**YOUR HOME SAFETY PROGRAM**

- Expect a fire.
- Know your enemy.
- Minimize fire hazards.
- Sleep with the bedroom door closed.
- Develop and practice an emergency escape plan.
- Install an early fire/smoke detection system.

**MAKE YOUR HOME SAFER BEFORE FIRE STARTS**

- Clean out attics, basements, closets and garages frequently. Don’t let the trash and “junk” accumulate.
- Extension cords should not be overloaded. Check cords often for fraying and avoid running them under rugs.
- An extension cord used to connect an appliance should always be the proper size and capacity for the appliance.

- Check your home’s heating sources. Many home fires are started by faulty furnaces and stoves, cracked or rusted furnaces and chimneys with creosote build-up. Be sure whatever heating source you use is clean and in good working order.
- Store flammable liquids in approved containers, outside the home if possible. Never use gasoline, benzene, naptha and similar liquids indoors— their fumes will readily ignite from any kind of spark. Rags soaked with cleaning fluids or turpentine sometimes catch fire by themselves (this is called spontaneous combustion) and they should be safely discarded after use. Also, never smoke while handling flammable liquids.
- When stoves or heaters have an open flame, keep the unit away from walls, furniture, draperies and other flammable items. Place a screen in front of the flame.
- Energy shortages and high costs have made alternative heating sources, such as wood, coal and kerosene-burning stoves, very popular. There are some basic safety tips to remember when using any type of room or area heating device. Be sure there is proper ventilation to the outside. Also, make sure there is adequate space around the heater and that the floor and nearby walls are properly insulated. Use only the fuel designated for your unit—don’t substitute. Properly store ashes in a metal container outside and away from the building.
- Have an escape plan, which gives everyone two ways out of the house—a normal exit and an alternate one.
- Close the doors to all bedrooms when you go to bed at night. This can keep fire out long enough to allow escape through windows.
- Agree on a way that everyone can sound the alarm—shout, blow a whistle, pound on the wall, etc.
- Holding a family fire drill is a must. Try your escape plan with the entire family—try it again and again until it works well. Practice it frequently.
- Don’t smoke when you are lying down or when your judgment is impaired by fatigue, medicine or alcohol.
- Don’t leave young children alone.
- Get an approved home fire detection and alarm system. It will stand watch while you sleep, the time when most fatal residential fires occur.
- Inspect furnaces, stoves and heaters for wear and unsafe or erratic operation. If you find any defects, shut the unit off.

**PREVENTING HOME FIRES**

**SMOKE DETECTORS**

- Install at least one smoke detector outside every bed room and on every level of your home.
- Check the batteries monthly and replace them at least once a year.

**PORTABLE HEATERS**

- Keep blankets, clothing, curtains, furniture and any thing that could get hot and catch fire away from por table heaters.
- Plug heaters directly into the wall socket and unplug them when they are not in use.

**SAFE COOKING PRACTICES**

- Keep items away from the stove that could catch fire, such as towels, clothing and curtains.
- Keep a fire extinguisher in the kitchen and get training from the fire department on how to properly use it.

**ELECTRICITY**

- Use safety plugs in electrical outlets, especially if you have small children.
- Avoid overloading electrical outlets and running cords under carpet and furniture.

**GENERAL SAFETY HABITS**

- Never smoke.
- Keep matches and lighters away from children.

**FIRE ESCAPE DRILLS**

- Plan and practice fire escape routes and make sure everyone knows two ways out of every room.
- Have a plan to escape if bars cover windows.
- Use a chain ladder to escape from upper levels and practice escaping with it.
- Teach children that firefighters are their friends and they will help in case of a fire.
- Identify a place outside to meet in case of a fire.
- Know how to call for emergency assistance.

**USING YOUR ESCAPE PLAN**

- Crawl low, under the smoke.
- Feel closed doors with the back of your hand. If hot, use another exit.
- If not hot, open the door slowly and check for smoke and fire.
- Meet at the designated meeting place outside, then call for help.
- Never return to a burning building.

**IN CASE OF FIRE**

- Meet at the designated meeting place outside, then call for help.
- Never return to a burning building.
**11 VITAL STEPS WHEN FIRE STRIKES**

1. Alert others by shouting “Fire.”
2. Walk in a crouched position.
3. Escape through nearest exit.
4. Don’t waste time dressing.
5. Don’t try to gather valuables.
6. Never open a hot door.
7. If possible, place a wet cloth over nose and mouth.
8. Close all doors behind you.
9. Meet at a pre-established location outside your home.
10. Call fire department from a neighbor’s phone.
11. Never go back into a burning house.

**WHERE DO MOST HOME FIRES START?**

... IN THIS ORDER:

- **a. Living Room 37%**
- **b. Kitchen 22%**
- **c. Basement 14%**
- **d. Bedrooms 13%**
- **e. Others 14%**

Most fires start where they are likely to block your usual hall-stairway escape (from bedrooms).

**ALMOST EVERY HOME IS A FIRE TRAP**

Most homes have only one route of escape—the one hallway or stairway to the front door. If this passage is blocked by flame or smoke, you are in a trap. Don’t let your past luck of not having had a fire make you overconfident.

**HEAT RISES!**

1,000-degree temperatures can travel far ahead of the actual flames. Your normal escape path can become a DEATH TRAP when you open your bedroom door to escape. Your hallway or stairway can become filled with long-scorching heat, poisonous fumes and blinding, choking smoke. “In a fire, HEAT hits you like a slap in the face, SMOKE blinds your eyes, and HEATED GASES choke your breath away. No wonder people PANIC—do senseless, fatal things!”

**AFTER A FIRE STARTS:**

- Rouse all occupants immediately.
- Get out of the building immediately, using your escape plan.
- Get the entire family together and keep them together—don’t let anyone back in the building, even to attempt a rescue.
- Call the fire department. If you call by telephone, stay on the line until you’re sure the dispatcher has the location of your house. If you use a fire alarm box, stay at the box so you can show the fire department where the fire is when they arrive.

**FIRST AID**

**CHOKING**

**OBTURBED AIRWAY TECHNIQUES FOR ADULTS (AGES 9 AND OVER)**

The Emergency Preparedness Department encourages you to take a first aid class to learn the proper techniques for assisting choking victims. Contact your local hospital for course offerings. These first aid instructions are intended only as a refresher to a course you have already taken.

**CONSCIOUS VICTIM STANDING**

1. **RECOGNIZE CHOKING SIGNS**
   - Choking victims will have severe difficulty speaking, breathing, coughing and may be wheezing with a high-pitched noise. Ask if he or she is choking. If able to speak or cough effectively, do not interfere.

2. **IF CHOKING—ADMINISTER THE HEIMLICH MANEUVER**
   - Stand or kneel behind victim and wrap arms around child’s waist. Make a fist with one hand. Place thumb side of fist into abdomen above navel and below rib cage. Grasp fist with other hand and press backward with 6-10 quick thrusts until the object becomes dislodged or the victim becomes unconscious.

3. **IF PREGNANT OR OBESE—ADMINISTER THE HEIMLICH MANEUVER**
   - Stand behind victim, placing arms under victim’s armpits and encircle chests. Place thumb side of fist on the middle of the breastbone. Grasp fist with other hand and press backward with 6-10 quick thrusts until the object becomes dislodged or the victim becomes unconscious.

**VICTIM LYING CONSCIOUS OR UNCONSCIOUS**

1. **CHECK IF CONSCIOUS OR UNCONSCIOUS**
   - Gently tap and shake shoulders to determine if the child is OK. If unresponsive, call out for “Help!” Tell someone to call 911.

2. **POSITION VICTIM CAREFULLY ON BACK**
   - If victim is lying face down, roll child flat onto back. Supporting the head, neck and torso, carefully turn the child as a unit without twisting.

3. **OPEN AIRWAY. CHECK FOR BREATHING**
   - Apply downward pressure with hand on forehead and gently lift with other hand, just under the chin. Place ear close to child’s mouth and nose. LOOK for rise and fall of chest. LISTEN and FEEL for breathing.

4. **ATTEMPT TO VENTILATE**
   - Keeping head tilted and airway open, pinch the child’s nose with thumb and index finger. Cover child’s mouth and attempt to get air into the lungs.

**CHILDREN UNDER 9**

**FINGER SWEEP FOR FOREIGN OBJECT**

- Open the child’s mouth by grasping tongue and lower jaw, then lift. If foreign object can be seen, insert index finger of other hand along cheek deep in mouth. Using a hooked finger, try to dislodge object.

If unsuccessful, reattempt to ventilate.
FIRST AID

BREATHING

Q. I don’t think he’s breathing. What do I do?
A. 1. See if the victim is conscious. Tap him on the shoulder and ask loudly, “Are you OK?”
2. Open the airway. Make sure it’s clear. If a person’s mouth is injured, his own blood can choke him. When a victim is unconscious, the tongue can fall back and block the airway. Get the tongue out of the way by tilting the head. Place the heel of one hand on the victim’s forehead and tilt the head back. Place the other hand beneath the victim’s neck and gently lift.
3. Find out for sure if the victim is breathing or not. Place you ear to the victim’s mouth and nose. Listen and feel for breath. Look at the chest to see if it’s rising and falling. If he’s not breathing, you should now be ready to perform mouth-to-mouth artificial respiration. Someone who has stopped breathing can die in minutes. Serious brain damage can occur even sooner. Start mouth-to-mouth breathing right away. Don’t wait.

Q. An accident. Somebody’s hurt! Where do I begin?
A. Remember the “first five rules of first aid.”
1. Get the victim out of danger. If he’s safe where he is, try to keep him still.
2. Check for breathing. If the victim is not breathing, tilt the head back and give artificial respiration.
3. Check for bleeding. If you find it, stop it.
4. Check for shock. If you see signs, take steps to fight it.
5. Have someone call an ambulance (DIAL 911).
If you tend to these five tasks, quickly and carefully, you stand a good chance of saving someone from a life-threatening injury.

BLEEDING

Q. How can I stop that bleeding?
A. Direct pressure is best. Press the entire area of the open wound with the palm of your hand on some kind of a clean dressing like a thick pad of cloth. The cloth between the hand and the wound will help to control the bleeding by absorbing blood and allowing it to clot. Con- tinue direct pressure until the bleeding completely stops or until the ambulance attendant takes over.
Don’t remove the pad if blood soaks through—that would interfere with clotting. Instead, add more thick layers of cloth and continue the direct hand pressure even more firmly.

Unless there is evidence of a broken bone, try to position the victim so the wound is elevated higher than the heart. This uses gravity to reduce blood pressure at the wound and to slow the blood loss, but keep the hand pressure on.
If direct pressure and elevation won’t stop severe bleeding of an arm or leg wound, try the pressure point technique. Keep the direct pressure on, too. Don’t use a tourniquet unless the bleeding can’t be controlled by any other means. A tourniquet cuts off all the blood flow and can mean the loss of a limb.

If you must use a tourniquet (maybe a limb was severed), use a strip of material at least 2 inches wide and place it close to the edge of the wound. Don’t use anything narrow that could cut the skin. Make note of the time you apply the tourniquet and tell the ambulance attendants or doctor.

Q. How do I check for shock?
A. Any serious injury can throw somebody into shock. Shock can kill even when the injury itself isn’t all that severe.
When somebody goes into shock, several critical body functions, including blood circulation, slow down.

LOOK FOR THESE SIGNS:
• Skin may be pale or bluish, or it might be blotchy. On dark-skinned victims, check the fingernails and inside the mouth.
• Pulse will usually be quite rapid, but weak.
• Skin may feel cold and clammy.
• Breathing is fast. Breaths may be shallow, labored or irregular.
• Victim may be restless, anxious or thrashing about, complaining of severe thirst or nausea.
• Victim might have a vacant expression and an offhand, “so what” attitude.
• Pupils of the eyes may be open wide (dilated).
All signs may not be present and the victim may still be in shock.
Place an unconscious victim on his side to prevent choking, allowing fluids to drain from the mouth.

SHOCK

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Is this all I need to know?
A. Not by a long shot. If you really want to properly handle an emergency, get training. To find out about courses in your area, contact your local Red Cross chapter.

CPR

CARDIOPULMONARY RESUSCITATION
The American Heart Association and American Red Cross encourage everyone to enroll in the CPR and Emergency Cardiac Care course. Become familiar with the proper lifesaving techniques and become certified. It is important to take a CPR class and renew it annually so that in the case of an emergency in which CPR Is required, you are knowledgeable and feel comfortable with the process.

Note that different CPR methods are used for infants, small children and adults. Each of these methods are taught and practiced during certification classes.

YOU MAY ENROLL IN A CPR CLASS BY CONTACTING YOUR LOCAL RED CROSS, THE AMERICAN HEART ASSOCIATION OR YOUR LOCAL HOSPITAL.

Make the call today so you can save a life tomorrow!
In order to save valuable time and provide lifesaving information, contact the Louisiana Poison Control Center located at the University of Louisiana-Monroe for information on poisons and drugs. The center’s toll-free number is 1-800-256-9822.

**POISON PREVENTION**

**THE OVERDOSE EPIDEMIC**

Poisoning—particularly from overdoses of over-the-counter, prescription and illicit drugs—has become the nation’s second-leading cause of unintentional death, after motor-vehicle collisions. With an 80 percent increase from 2001 to 2006, poisoning is the fastest-rising cause of accidental death in the United States.

**ABOUT 50,000 CHILDREN UNDER THE AGE OF 4 ARE INJURED BY UNINTENTIONAL POISONINGS EVERY YEAR.**

**UNINTENTIONAL POISONING FROM OVERDOSES**

While most people think of poisoning as a childhood issue, adults are overwhelmingly to blame for the steep recent increase in unintentional poisoning deaths.

Between 1993 and 2003, there was a 107 percent increase in the unintentional poisoning death rate from overdoses among Americans ages 20 to 64. In Washington state and the District of Columbia, overdoses have surpassed motor vehicle crashes to become the leading cause of unintentional death.

Drug-related poisonings are often due to overdose or misuse of opioid analgesics initially prescribed to treat chronic pain, such as oxycodone, methadone, hydrocodone, fentanyl and buprenorphine. While the greatest number of these deaths is occurring among white men ages 45 to 54—up nearly 6,000 in a decade—poisoning death rates are increasing fastest among white women—up more than 300 percent.

The National Safety Council has issued a report on “Trends in Unintentional Poisoning Deaths and Death Rates” that details the steep increase in these deaths.

**POISONING AND CHILDREN**

While children rarely die today from unintentional poisoning, non-fatal poisonings remain a childhood concern. About 50,000 children under the age of 4 are injured by unintentional poisonings every year.

**A. STORE PRODUCTS SAFELY**

- Keep all products locked up. Non-food products should be out of sight and reach of children and pets.
- Follow the directions for storage on the label. In general, storage areas should be cool, dry and away from living areas.
- Never store food and non-food items together.
- Keep products in their original containers. If the label is gone—dispose of it properly.
- Never use milk, soft drink or other food containers for storage.
- Store medicine properly—keep them locked up and use child-resistant containers. Always replace caps tightly. Store alcoholic beverages safely—liquor cabinets should be locked or have safety latches.
- Return products to safe storage as soon as you finish using them.
- Clean out storage areas regularly.
- Check expiration dates and get rid of outdated products, especially medicines.
- Keep your purse out of reach of children and pets. Avoid storing medicine, vitamins, cigarettes and perfume in your purse.
- Dispose of products safely. Read directions for disposal on the label or contact the Board of Health.
- Keep trash in covered receptacles, out of reach of children and pets. Ask your pharmacist how to properly dispose of unused or outdated medicines.

**B. MEDICINE TIPS**

- Never tell children that medicine is candy or that it tastes good.
- Don’t take medicine in front of children (they like to imitate adults).
- Teach children never to take medicine unless it is given to them.
- Always keep medicine locked up.

**C. WARNING SIGNS OF POISONING**

- An open container nearby
- Strange odor on breath
- Sweating
- Dizziness or unconsciousness
- Pills, berries, etc. in the mouth
- Burns around the mouth
- Upset stomach or nausea
- Convulsions
CHEMICAL SPILLS / HAZARDS

HAZMAT INCIDENTS AND YOU

WHAT TO DO BEFORE CHEMICAL DISASTERS:
- Know what your threats are in the community.
  - Contact your local Emergency Planning Committee.
  - Contact your local Emergency Management Office.
- Add these items to your “all-hazards disaster kit”:
  - Plastic Sheet (you can precut these to fit the safe room of your home)
  - Duct tape
  - Scissors

WHAT TO DO DURING CHEMICAL DISASTERS:
- Know your evacuation routes and evacuate if told to do so.
- Shelter in place if told to do so.
- Keep your disaster kit with you in your safe room.
- Listen to local radio or television stations for detailed information and instructions.
- Remember that some toxic chemicals are odorless.

WHAT TO DO AFTER CHEMICAL DISASTERS:
- Return home or go outside only when told it is safe to do so by local authorities.
- Open windows and vents and turn on fans to provide ventilation.
- Follow decontamination instructions from local authorities.
- Seek medical treatment for symptoms related to hazardous materials.
- If medical assistance is not immediately available and you are contaminated, remove your clothes and place in a plastic bag or sealed container and dispose of as instructed by local authorities; take a shower and put on clean clothes.
- Remember that eyeglasses, contacts and hearing aids may be contaminated and must be cleaned properly or disposed of.
- Seek information from local authorities on how to clean your property.
- Continue to monitor your television and radio for current information.

SHELTER-IN-PLACE

S Seek shelter inside if you are outside.
H Heating, cooling and ventilation systems should be turned off.
E Emergency kit should be handy.
L Locate all members of your family.
T Tape or seal windows.
E Exit doors should be sealed at bottom of doors.
R Radio, television or emergency notification network will provide further information.

CHEMICAL AGENTS

Most chemical agents can cause serious injuries or death. Untrained persons should not attempt to rescue people who are inside a collapsed building. Wait for emergency personnel to arrive.

CHEMICAL AGENTS are poisonous gases, liquids or solids that have toxic effects on people, animals or plants. Most chemical agents can cause serious injuries or death. BIOLOGICAL AGENTS are organisms or toxins that have illness-producing effects on people, livestock and crops. A person affected by a biological agent requires the immediate attention of professional medical personnel. Some agents are contagious, and victims may need to be quarantined.

TERRORISM

The Federal Emergency Management Agency defines terrorism as “… the use of force or violence against persons or property in violation of the criminal laws of the United States for purposes of intimidation, coercion or ransom.” Terrorists often use threats to create fear among the public, to try to convince citizens that their government is powerless to prevent terrorism and to get immediate publicity for their causes.

The Federal Bureau of Investigation (FBI) categorizes terrorism in the United States as either domestic terrorism or international terrorism.

EMERGENCY INFORMATION

1. Most terrorist incidents in the United States have been bombing attacks involving detonated and undetonated explosive devices, tear gas and pipe/bomb bombs.
2. The effects of terrorism can vary significantly from loss of life and injuries to property damage and disruptions in services such as electricity, water supply, public transportation and communications.
3. One way governments attempt to reduce vulnerability to terrorist incidents is by increasing security at airports and other public facilities.

FACTS ABOUT TERRORISM

1. The Central Intelligence Agency (CIA) reports that there are countries that are believed to possess or to be conducting research on biological agents for weaponization.
2. The Department of Defense estimates that as many as 26 nations possess chemical agents and/or weapons.
3. In the United States, most terrorist incidents have involved small extremist groups that use terrorism to achieve a designated objective.

Prepare to deal with a terrorist incident by adapting many of the same techniques used to prepare for other crises.
- Be alert and aware of the surrounding area. The nature of terrorism suggests there will be little or no warning.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended.
- Learn where emergency exits are located. Think ahead about how to evacuate a building, subway or congested public area in a hurry. Learn where staircases are located.

PREPARE FOR A BUILDING EXPLOSION

The use of explosives by terrorists can result in collapsed buildings and fires. People who live or work in a multi-level building can do the following:
- Review emergency evacuation procedures.
- Know where fire exits are located.
- Keep fire extinguishers in working order.
- Learn first aid.

Keep a portable, battery-operated radio, several flashlights, several hard hats, first aid kit and extra batteries in a designated place on each floor.

If you receive a bomb threat, get as much information from the caller as possible. Keep the caller on the line and record everything that is said. Contact the police and the building management.

After receipt of the bomb threat, do not touch any suspicious packages.

When evacuating a building, avoid standing in front of windows or other potentially hazardous areas.

DURING A BUILDING EXPLOSION, get out of the building as quickly and calmly as possible. If items are falling from above, get under a sturdy table or desk.

If there is a fire, stay low to the floor and exit the building as quickly as possible. Cover your nose and mouth with a wet cloth. When approaching a closed door, use the palm of your hand to feel the lower, middle and upper parts of the door. If it is hot to the touch, do not open the door–seek another escape route. Stay below the smoke at all times.

If you are trapped in debris, use a flashlight. Tap on a pipe or wall so rescuers can hear where you are. Use a whistle if available. Shout only as a last resort–shouting can cause a person to inhale dangerous amounts of dust.

Emergency Information

SEE IT, SUSPECT IT, REPORT IT

If you have information on a suspicious activity, call the LSP Homeland Defense hotline number: 1-800-434-8007, or file an online complaint of suspicious or criminal activity at WWW.LSP.ORG.
GET OUT OF TOWN QUICKLY

THINGS TO BRING WITH YOU

YOU WILL NEED THE FOLLOWING SUPPLIES WHEN YOU LEAVE YOUR HOME; PUT THEM ALL TOGETHER IN A DUFFEL BAG OR OTHER LARGE CONTAINER IN ADVANCE:

- Flashlight with plenty of extra batteries
- Battery-powered radio with extra batteries
- First aid kit
- Prescription medications in their original bottles, plus copies of the prescriptions
- Eyeglasses (with a copy of the prescription)
- Water (at least one gallon per person is recommended; more is better)
- Foods that do not require refrigeration or cooking
- Items that infants and elderly household members may require
- Pet food and supplies
- Medical equipment and devices, such as dentures, crutches, prostheses, etc.
- Change of clothes for each household member
- Sleeping bag or bedroll and pillow for each household member
- Backup of computer on some type of external hardrive
- Checkbook, cash and credit cards
- Map of the area

IMPORTANT PAPERS TO TAKE WITH YOU:

- Driver’s license or personal identification
- Social Security card
- Proof of residence (deed or lease)
- Insurance policies
- Birth and marriage certificates
- Stocks, bonds and other negotiable certificates
- Wills, deeds and copies of recent tax returns

QUICK PHONE LIST

SEE PAGE 4 FOR A COMPLETE LIST OF NUMBERS

Emergency .................................................................911
FEMA .................................................................800-621-3362
American Red Cross ........................................504-620-3105
Road Closure Information .......................1-800-469-4828
Louisiana Information ........................................211
Chabert Medical Center .................................985-873-2200
Terrebonne General Medical Center ....985-873-4141
Terrebonne Parish Sheriff’s Office .............985-876-2500
Houma Police Department .........................985-873-6371
Terrebonne Council on Aging ....................985-868-8411
TOHSEP .............................................................985-873-6357
Terrebonne Community Hotline..............1-844-916-4737

HOME PREP CHECKLIST

- Pick up anything that can be moved by the wind (bicycles, lawn furniture).
- Close windows, doors and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- Sandbag around your home in low-lying areas.
- Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tanks and unplug small appliances.
- Stock up on gas for vehicles and generator.
- When leaving pets behind, make sure there is an adequate supply of food and water.
- Take photos of interior and exterior of home.