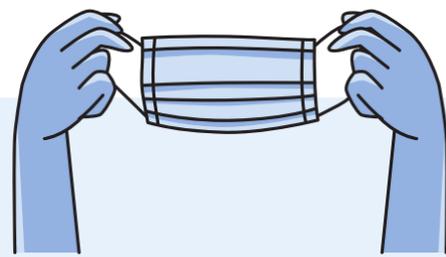


PREPARING FOR HURRICANES DURING THE COVID-19 PANDEMIC

Understand that your planning may be different this year because of the need to protect yourself and others from COVID-19.

Prepare For Hurricane Season

- Give yourself more time than usual to prepare your emergency food, water, and medicine supplies. Home delivery is the safest choice for buying disaster supplies. If in-person shopping is your only choice, take steps to protect your and others' health when running essential errands.
- Protect yourself and others when filling prescriptions by limiting in-person visits to the pharmacy. Sign up for mail order delivery or use drive-through windows or curbside pickup, if available.
- Prepare a "go kit". Include items that can help protect you and others from COVID-19, such as hand sanitizer, or bar or liquid soap if not available, and two cloth face coverings for each person.



Remember these tips

- Face covers should not be used by children under the age of 2. They also should not be used by people having trouble breathing, or who are unconscious, incapacitated, or unable to remove the mask without assistance.
- Dealing with disasters can cause stress and strong emotions, particularly during the COVID-19 pandemic. It is natural to feel anxiety, grief, and worry. Coping with these feelings and getting help when you need it will help you, your family, and your community recover. Learn more about coping during COVID-19 here: www.emergency.cdc.gov/coping

Stay safe after a hurricane

- You should continue to use preventive actions like washing your hands and wearing a face covering during clean up or when returning home.
- When you check on neighbors and friends, be sure to follow social distancing recommendations.
- It may take longer than usual to restore power. Take steps to prevent carbon monoxide poisoning if you use a generator.
- If you are injured or ill, contact your medical provider for treatment recommendations. Remember, accessing medical care may be more difficult than usual during the pandemic.



Information provided by Centers for Disease Control and Prevention.
www.cdc.gov

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