

FOOD ITEMS



- Canned Corned Beef
- Canned Sausages/ Meat/ Stew
- Canned Tuna/ Sardines
- Canned/ Concentrated Soups
- Cookies/ Crackers/ Bread
- Peanut Butter/ Jelly
- Cereal/ Breakfast Bars
- Nuts/ Grains
- Canned/ Dried Milk
- Drinking Water
- Dried Fruit
- Coffee/TEA

HAVE ENOUGH WATER AND FOOD ON HAND FOR AT LEAST FIVE (5) DAYS

SURVIVAL KIT ITEMS



- Portable Transistor Radio
- Matches (in waterproof container)
- Soap/ Disinfectant/ Detergent/ Bleach
- Water Purification Tablets
- Batteries
- Flashlights
- Hurricane Lamp
- Knife and Can Opener



- Extra Cash
- Strong Rope/ Masking Tape
- Hammer/ Nails
- Rain Gear/ Sewing Kit
- Non-Electric Cooker/Clock
- Full Tank of Gas
- Books
- Games
- Magazines

PERSONAL/MISC.

- Bathroom Tissue/ Paper Towel
- Sanitary Napkins/Tampons
- Paper Plate/ Plastic Utensils
- Garbage Bags
- Water Storage Containers
- Ziploc Bags
- Charcoal/ Lighter Fluid
- Dog Food



FIRST AID ITEMS

- First Aid Kit
- Antiseptic/ Hand Sanitizer
- Aspirin/ Analgesic
- Bandages/ Gauze/ Cotton Balls
- Mosquito/ Insect Repellent
- Sun Block/ Peroxide/ Alcohol
- Scissors/Tweezers
- Medication (Prescription and Diarrhea)



BABY ITEMS

- Wipes
- Formula
- Diapers
- Baby Food
- Purified Bottled Water



TAKE WARNINGS SERIOUSLY. BE PREPARED, STOCK UP.

Get ready and stock up for the hurricane season with this informative guide on what to do before, during and after a hurricane.

Make plans in advance with your family and purchase necessities early when Watch and Warning Advisories are issued.

EVACUATION PROCEDURE

- Make sure you know in advance which shelter is nearest you and how to get there
- Listen for official evacuation advisories and further information
- Take your SURVIVAL KIT with you. See page 4 Survival Kit contents
- Check food supplies and dispose of all spoiled and perishable food items
- Shut off the power for electrical, telephone and water utilities
- Unplug all electronic devices
- Lock and secure your home
- Travel in daylight if possible
- Check in with your doctor or hospital in cases of medical problems or pregnancy
- Make special transportation plans for the sick or elderly if applicable
- Make plans to travel with neighbors if you have no transportation
- Avoid fallen wires, trees, damaged buildings and escaping gas
- Be aware of snakes, insects and animals seeking higher ground

HURRICANE WARNING

- Listen to your radio for advisories
- Put together a portable survival kit
- Close and secure all storm shutters/doors
- Transfer all loose items from outside to a secure location inside
- Have emergency money on hand
- Fill gas tanks in vehicles and boats
- Check car battery
- Remain calm and do not leave shelter until all clear is advised

DURING A HURRICANE

- Remain indoors away from windows
- Stay in the centre of your home in a closet or bathroom and listen to your radio for advisories
- Following the initial onset of storm winds there may be a lull, which means the eye of the storm is passing over. However the storm winds will resume with winds blowing from the opposite direction at the same intensity. Do not go outside except to conduct emergency repairs

AFTER THE HURRICANE

- Avoid disaster areas
- Use extreme caution around damaged areas
- Keep clear of fallen power lines
- Advise relatives of your safety

LOCAL EMERGENCY SHELTERS

If your house is not structurally safe or is situated in low lying or flood prone areas, please go to the shelter nearest you. REMEMBER that shelters are not normally opened before a storm. If a shelter is to be opened BEFORE a storm it shall be announced in advance.



HURRICANE TERMS

Tropical Storm Watch/Warning

This condition can develop into a hurricane very quickly. Stay in constant contact with your local weather advisory with weather hotline 454-3452. Wind with speeds 39-73 mph (64.75-121.2 km)

Hurricane

Violent tropical cyclonic storm with wind speeds in excess of 73 mph (121.2km)

Alert

Notification that a hurricane or tropical storm is likely to strike within 48 hours

Watch

Notification that a hurricane or tropical storm is likely to strike within 48 hours

Warning

Notification that a hurricane or tropical storm is likely to strike within 36 hours

All Clear

Notification that a hurricane or tropical storm has passed and is no longer a threat

Eye of Storm

Centre of a severe cyclonic storm with relatively light winds and fair weather

Hurricane Season

June 1 to November 30 in the Caribbean

Flash Flood Watch

Flash flooding is possible, stay alert

Flash Flood Warning

Flash flood imminent, take immediate action



ESSENTIAL ITEMS

OTHER THINGS TO CONSIDER

- Sand bags to stop the flow of water
- Plywood for doors and windows
- Plastic sheeting to protect valuable items or documents from water damage
- Wood beams to brace walls and doors
- Plastic caps to plug cistern overflow and prevent contamination
- Ensure roof covering is secure: seal off spaces between roof and supports
- Conduct a thorough check of hurricane shutters and latches
- Plastic garbage bags for water proofing
- List personal items such as furnishings, clothing and valuables for insurance
- Review insurance requirements for submitting claims and keep policies, list of personal items and valuables in a safe, secure place
- Take photos inside and outside of building
- Trim old tree branches and remove loose items in your yard in advance
- Keep some cash stored in case power outages makes ATMs unavailable
- Get weather updates at 454-3452
- Sign up for the Weather Report (3 times a day):
slu_weather-subscribe@yahoogroups.com

HOW TO TRACK A HURRICANE

Hurricane advisories are numbered consecutively for each storm. When an advisory is given note the advisory number, centre position, intensity and forecast direction of movement of the storm on the plotting chart above. Hurricane centre positions are given by latitude and longitude. Centre positions may also be given as the statute miles and compass direction from the specified point as the storm moves closer. Mark the exact center position on the tracking chart. Be sure to determine where the storm will go rather than where it has been.

SAFFIR - SIMPSON HURRICANE SCALE

DEFINITION OF CATEGORIES

LIKELY EFFECTS

CATEGORY 1

Winds 74-95 mph: Damage to unanchored building structure. Damage primarily to unanchored mobile homes, shrubbery and trees. Also, some coastal road flooding and minor pier damage.

CATEGORY 2

Winds 96-110mph: Some roofing material, door and window damage of buildings. Considerable damage to shrubbery, trees, mobile homes, poorly constructed signs and piers. Small craft in unprotected anchorages break moorings.

CATEGORY 3

Winds 111-130 mph: Some structural damage to small residences and utility buildings with minor amount of curtain wall failures. Mobile homes and poorly constructed signs are destroyed. Flooding near the coast destroys smaller structures with larger structures damaged by battering from floating debris. Terrain may be flooded well inland.

CATEGORY 4

Winds 131-155 mph: More extensive curtain wall failures with some complete roof structure failures on small residences. Major erosion of beach areas. Major damage to lower floors of structures near the shore. Terrain may be flooded well inland.

CATEGORY 5

Winds greater than 155mph: Complete roof failure on many residences and industrial buildings. Some complete building failures with small utility buildings blown over or away. Major damage to lower floors of all structures located near the shoreline. Massive evacuation of residential areas may be required.

NATIONAL EMERGENCY MANAGEMENT ORGANIZATION

For more information contact:

The National Emergency Management Organization (NEMO)

P O Box 1517, Castries Saint Lucia, West Indies [Office located at Bisee, Castries]
Tel: 758 - 452 - 3802 | Fax: 758 - 453 - 2152
E-mail: admin@nemo.gov.lc | Website: www.nemo.gov.lc

FAMILY DISASTER PLAN: www.cderra.org/doccentre/familyplan.html

FAMILY EVACUATION PLAN: www.stlucia.gov.lc/doc/nemo/nrp/plans/EvacTemplate.doc

SAFE HOME TIPS: www.oas.org/CDMP/document/connect/index.html

FAMILY DISASTER KIT: www.stlucia.gov.lc/docs/nemo/FamilyDisasterSuppliesCalender.pdf