

DO YOU HAVE A PLAN... for evacuating due to hurricane?

June 1, 2008

Do you have a plan for your evacuation? First, be sure to refer to our Flyer: Do You Have a Plan for Hurricanes? And Do you have a Plan for Packing for Evacuation? Here are some tips for step by step evacuations to reduce stress and fear of family members and children and to be better prepared:

___1. Call and make your reservation out of town. Note date/time in which you can cancel the reservation if the hurricane course shifts.

___2. Call your doctors immediately and request they call in prescriptions for all family members' prescriptions to your local pharmacy.

___3. Make reservations, if needed, at pet kennels near where you'll be staying.

___4. Pick up the prescriptions and gas up the car immediately to avoid lines and crowds.

___5. Call family members and let them know where you will be and when you expect to leave.

___6. Ease children's stress by giving them specific tasks to "help" in the packing process. Play relaxing music and stay calm. Children will take their cue from you.

___7. Don't leave televisions running with constant weather and news on the evacuation. Continual reminders only heighten tension. Note times that new updates come out and turn on in a room away from children to check the latest information.

___8. Begin securing your home by bringing in all outdoor toys, lawn chairs, potted plants.

___9. Secure windows with wood or shutters. Tape does not work.

___10. Begin packing via your packing list (see our flyer...Do you have a plan? For packing for evacuation.)

___11. Make sure you have prescriptions and your packet of important papers, medical information, maps and emergency numbers in one easy to find location in the car.

___12. Either empty your refrigerator into an ice chest you will take with you, or secure cold items in freezer and refrigerator in large garbage bags so that if the power goes out for an extended time, rotted and thawed food will not leak and damage the refrigerator. When you return, you'll simply remove the bags to the trash outside.

___13. Once you've completed packing and loaded the car, unplug electronics and turn off the gas to your home before leaving.

___14. Consider leaving during the night when traffic is low and children are asleep.



For more information contact:
Families Helping Families of Greater Baton Rouge
778 Chevelle Drive
Baton Rouge, LA 70806

Family to Family Health Information Center
225-216-7474 or toll free at 1-866-216-7474 or visit www.fhfgbr.org



Look for additional fact sheets in the "Do You Have A Plan?" Series!

