



HURRICANE PREPAREDNESS GUIDE



Like and Follow these Social Media Pages to Stay Informed on the Latest Updates

- Local Grocers
- National Weather Service (and for your specific area)
- Local News and Radio Stations
- FEMA
- Local Red Cross
- GOHSEP



Useful Apps

In the event of an emergency



Get A Game Plan



Emergency: Alerts



FEMA



Alert FM

Definitions/Terminology

- **Tropical Depression** - An organized system of clouds and/or thunderstorms with a closed wind circulation and wind speeds of 39 mph or less.
- **Tropical Storm** - An organized system of strong thunderstorms with a defined counterclockwise circulation and sustained wind speeds of 39-73mph.
- **Hurricane** - An intense tropical weather system with pronounced rotary circulation and sustained wind speeds of 74 mph or more. A hurricane includes wind, heavy rains and a storm surge.
- **Watch** - Conditions are POSSIBLE in the next 48 hours.
- **Warning** - Conditions are EXPECTED in the next 36 hours.
- **Storm Surge** - A rising of the sea along the shore that builds up as a storm moves over water. The result of atmospheric pressure changes and wind associated with a storm

Saffir/Simpson Scale

CATEGORY	SUSTAINED WIND (mph)	TYPE OF DAMAGE
1	74 to 95	Minimal
2	96 to 110	Moderate
3	111 to 130	Extensive
4	131 to 155	Extreme
5	Greater than 155	Catastrophic



CATEGORY 1

CATEGORY 2

CATEGORY 3

CATEGORY 4

CATEGORY 5

**For shelter information,
contact 2-1-1 or your Parish OHSEP**

Important Numbers and Websites



**Travelers
Information**



FEMA

www.fema.gov

www.disasterassistance.gov

1-800-621-3362



www.emergency.louisiana.gov



www.getagameplan.org



www.redcross.org

1-866-438-4636

Emergency Alert System

In the event of an emergency, these stations will broadcast emergency information:

- **Alexandria:** AM 970 (KSYL), AM 580/FM 96.9 (KZMZ), FM 93.1 (KQID)
- **Baton Rouge:** AM 1150 (WJBO), FM 102.5 (WFMF)
- **Biloxi:** FM 90.3 (WMAH)
- **Bude:** FM 88.9 (WMAU)
- **Crowley:** FM 102.9 (KAJN)
- **Lafayette:** AM 1330 (KVOL), FM 99.9 (KTDY)
- **Lake Charles:** AM 1470 (KLCL), FM 99.5 (KNGT)
- **New Orleans:** AM 870 (WWL), FM 101.9 (WLMG)
- **Northeast:** AM 540 (KMLB), FM 101.9 (KMOVX)
- **Ruston:** AM 1490 (KRUS), FM 107.5 (KXKZ)
- **Shreveport:** AM 1130 (KWKH), FM 94.5 (KRUF)



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Emergency Supply Checklist



Non-Perishable Food Items

(3 Day Supply Per Person)

- ☐ Baby Food
- ☐ Canned Soups & Broths
- ☐ Crackers, Cereals, Cookies, Breakfast Bars, Snacks
- ☐ Fruit/Vegetables (Canned or Dried)
- ☐ Fruit/Vegetable Juices
- ☐ Instant Coffee or Tea
- ☐ Canned Chili
- ☐ Canned Meat
- ☐ Nutrition Bars
- ☐ Peanut Butter & Jelly
- ☐ Pet Food
- ☐ Powdered/Evaporated Milk
- ☐ Unsalted Nuts
- ☐ Canned Beans
- ☐ Canned Pasta
- ☐ Gallon Water
- ☐ Sports Drinks
- ☐ Bottled Water



Emergency Supply Checklist Cont'd

Disaster Supply Kit

- | | |
|---|--|
| <input type="checkbox"/> Alarm Clock
(Battery Operated) | <input type="checkbox"/> Important Documents in
Waterproof Storage |
| <input type="checkbox"/> Baby Supplies
(Baby Food, Diapers, Formula etc.) | <input type="checkbox"/> Manual Can Opener |
| <input type="checkbox"/> Batteries for Radio/
Flashlights For Several Days | <input type="checkbox"/> Mosquito Repellent |
| <input type="checkbox"/> Battery-Operated or Crank Radio | <input type="checkbox"/> Non-Perishable Foods |
| <input type="checkbox"/> Blankets & Pillows | <input type="checkbox"/> Portable Fan/Heater |
| <input type="checkbox"/> Bucket for Water Collection | <input type="checkbox"/> Portable, Battery-Powered
Lanterns |
| <input type="checkbox"/> Candles | <input type="checkbox"/> Sleeping Bag, Sheets,
Towels, Blankets |
| <input type="checkbox"/> Cash or Travelers Checks | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Cell Phone & Chargers
(Car Charger) | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Change of Clothes | <input type="checkbox"/> Tools
(Hammer, Nails,
Ax, Knife, Screwdriver,
Duct Tape, etc.) |
| <input type="checkbox"/> Charcoal | <input type="checkbox"/> Two-Week Supply of
Medicines, Prescriptions |
| <input type="checkbox"/> Cooler | <input type="checkbox"/> Unscented Bleach
to Purify Water |
| <input type="checkbox"/> Disinfectant | <input type="checkbox"/> Water Purification Tablets |
| <input type="checkbox"/> Disposable Plates, Cups, Utensils | <input type="checkbox"/> Waterproof Matches/
Butane Lighter |
| <input type="checkbox"/> Paper Towels | |
| <input type="checkbox"/> Fire Extinguisher | |
| <input type="checkbox"/> First-Aid Kit | |
| <input type="checkbox"/> Flashlight (One for Each Member) | |
| <input type="checkbox"/> Garbage Bags | |
| <input type="checkbox"/> Generator & Gas Can | |
| <input type="checkbox"/> Heavy Work Boots & Gloves | |
| <input type="checkbox"/> Ice | |

Preparing for the Storm



Nobody wants to leave their home, but in the event that an evacuation is necessary there are some things that you should be sure to keep with you.

Evacuation

- ☐ Fuel up vehicle and make sure it is in good working condition.
- ☐ Plan route.
- ☐ Get cash.
- ☐ Shut off water and electricity before leaving your home.
DO NOT turn off natural gas unless instructed.
- ☐ Empty refrigerator.
- ☐ Bring in outdoor furniture.
- ☐ Take important documents with you: insurance policies, home ownership documents, driver's license, vehicle registration and proof of insurance, medical records, birth and marriage certificates, important business and personal records, wills, etc.
- ☐ Review homeowner's or renter's insurance plans as it pertains to natural disasters.
- ☐ Give children their identification information to carry with them or write it somewhere on their body in indelible marker.
- ☐ Have 3-5 days of emergency supplies ready.
- ☐ Let family, friends and neighbors know your evacuation plans and where you can be reached.
- ☐ Stay tuned to your local radio broadcast for traffic reports, weather updates and evacuation instructions.

TIP: Take pictures of all rooms in your house and all valuable items that you cannot take with you.

Preparing for the Storm Cont'd

Staying Home

- ☐ Board up all windows.
- ☐ Bring in outdoor furniture.
- ☐ Know how to turn off utilities.
- ☐ Have a family disaster supply kit (3-5 day supply).
- ☐ Fill bathtub or other large container with water for sanitary purposes.
- ☐ Make sure pets have proper identification, collars, and vaccination papers.
- ☐ Review homeowner's or renter's insurance plans as it pertains to natural disasters.
- ☐ Lower refrigerator temperature and only open when necessary.
- ☐ Let family, friends and neighbors know you plan to stay home for the storm.
- ☐ Stay tuned to your local radio and television broadcast for weather updates and instructions from local officials.





**Visit Your Local
Associated Grocers
Retail Member Store.**

For store locations, scan the
QR code or visit AGBR.com!



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