



THE **HURRICANE** *SAFETY GUIDE*

From items to have handy to weather terms you need to know, this guide will help you through the storm.

Hurricane Season is Here **BE PREPARED!**

Living in the beautiful state of Florida definitely has its perks, but when it comes to hurricane season, Floridians rarely catch a break. Hurricanes form the Atlantic ocean in warm, tropical waters and get pushed up towards the U.S. by prevailing winds. And, with its sprawling coastlines, Florida makes an easy target for tropical storms and hurricanes. Whether you are new to the sunshine state or a long-time resident, it is always important to prepare yourself and family for hurricane season to make sure you all stay safe. Use our hurricane guide to brush up on hurricane terms, learn emergency contact numbers and prep your hurricane safety kits! We are all determined to make it out of hurricane season safe and sound!

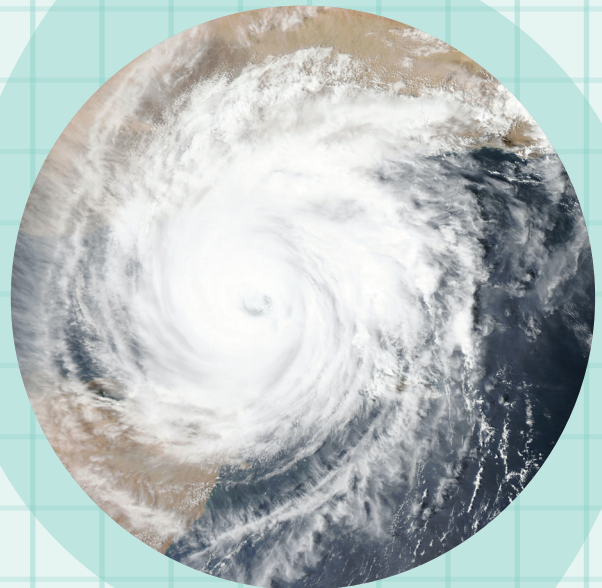
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PRINT, CUT, TAPE

Tape these to your fridge for a handy list of emergency numbers and a supply checklist.

HURRICANE EMERGENCY NUMBERS



If you are experiencing a hurricane-related emergency, or you have questions about a natural disaster, use these emergency numbers.

by Amanda Roland

- **STATE OF FLORIDA EMERGENCY HOTLINE**
1-800-342-3557
- **DISASTER DISTRESS HELPLINE**
1-800-985-5990
- **FLORIDA DIVISION OF EMERGENCY MANAGEMENT**
850-815-4000
- **FEMA REGISTRATION**
800-621-3362 or 800-462-7585
- **FLORIDA EMERGENCY INFORMATION**
1-800-342-3557
- **ALACHUA COUNTY EMERGENCY MANAGEMENT**
352-264-6500
- **NORTH FLORIDA REGIONAL MEDICAL CENTER ER**
352-333-4000
- **ALACHUA COUNTY CRISIS CENTER**
352-264-6557
- **ELDER AFFAIRS**
1-800-963-5337



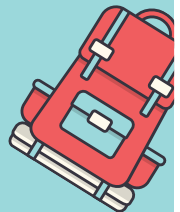
HURRICANE SURVIVAL CHECKLIST



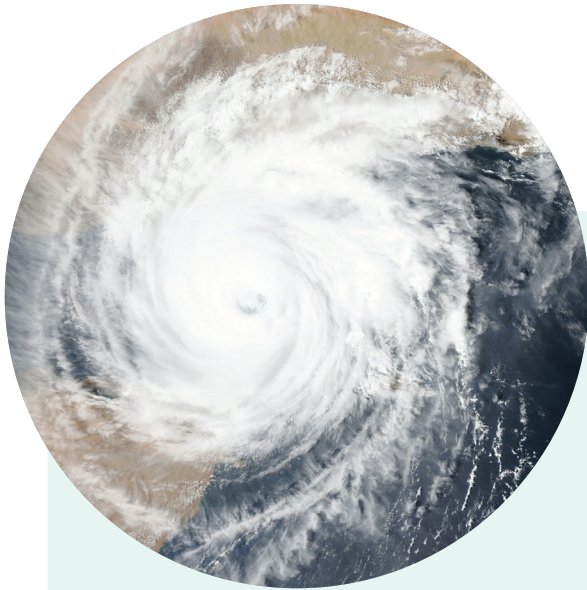
Storms are a'brewin and people are preparing for the worst. Better to have everything and not need it than to need something and not have it!

by Sawyer Carlton

- ☐ **WATER** One gallon per person, per day.
Prepare for 3 days.
- ☐ **NON-PERISHABLE FOOD AND CAN OPENER**
- ☐ **FIRST AID KIT AND MEDICATIONS**
- ☐ **FLASHLIGHT AND EXTRA BATTERIES**
- ☐ **CASH AND PERSONAL DOCUMENTS**
- ☐ **PET FOOD, MEDICATION, LITTER**
- ☐ **BLANKETS**
- ☐ **BATTERY OPERATED RADIO**
- ☐ **POCKET KNIFE AND MULTITOOL**
- ☐ **PERSONAL TOILETRY ITEMS**
- ☐ **WIPES AND HAND SANITIZER**
- ☐ **PERSONAL DOCUMENTS**
- ☐ **MATCHES AND LIGHTERS**
- ☐ **EXTRA CHANGE OF CLOTHES**
- ☐ **SMALL TOYS OR GAMES**
- ☐ **DUCT TAPE**
- ☐ **DIAPERS AND EXTRA PACIFIERS**
- ☐ **FILL YOUR CAR WITH GAS AND PARK WITH THE EMERGENCY BREAK ON**



Research on this article is done with the help of Heath Thomas, a health technology expert teaching at University of Louisiana.



HURRICANE TERMS

Keep these terms close so you and your family can understand when watching the news or listening to the radio.



TROPICAL CYCLONE:

A strong storm that starts in warm tropical waters. It is characterized by heavy rain, low atmospheric pressure and strong winds.



TROPICAL DEPRESSION:

A low-pressure storm (tropical cyclone) starting in the tropics. It is considered a tropical depression if the maximum wind speed of the storm is 38 miles per hour or less.



TROPICAL STORM:

A low-pressure storm (tropical cyclone) starting in the tropics. It is considered a tropical storm if the maximum wind speed of the storm is 39-73 miles per hour or less.



HURRICANE:

A severe tropical cyclone with wind speeds exceeding 74 miles per hour.

HURRICANE OR TROPICAL STORM WATCH:

If hurricane-like or tropical storm-like conditions arise, an area can go into a hurricane or tropical storm watch if the storm is possible within 48 hours.

HURRICANE OR TROPICAL STORM WARNING:

If hurricane-like or tropical storm-like conditions are expected within 36 hours, a hurricane or tropical storm warning is released.

EYE:

The eye of the storm is a calm, center area of a tropical cyclone. It can be anywhere from 5-40 miles wide.

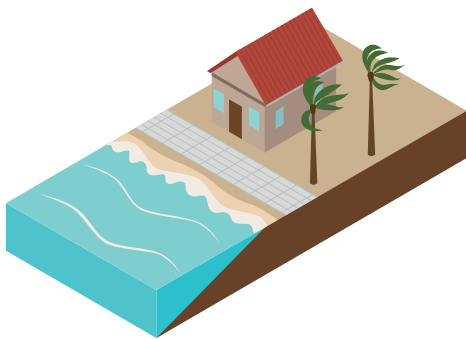
STORM SURGE:

When seawater levels rise during a storm, caused solely by the storm. The storm surge is measured by how much the seawater rises in comparison to normal predicted tides. Storm surges can be very dangerous and cause flooding and land destruction.

HURRICANE CATEGORIES

The different categories of a hurricane depend on the speed of the storm's winds. Here are the different categories of a hurricane based on wind speeds for 1-minute maximum sustained winds.

SAFFIR-SIMPSON HURRICANE WIND SCALE



1

Minimal Damage

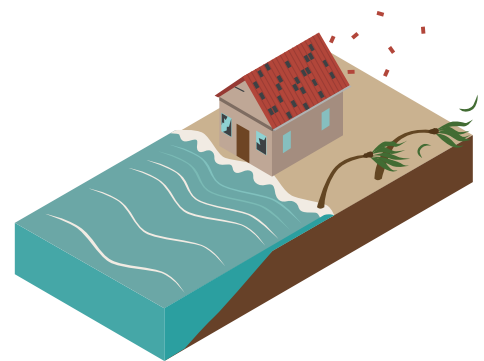
74-95 mph winds



2

Moderate Damage

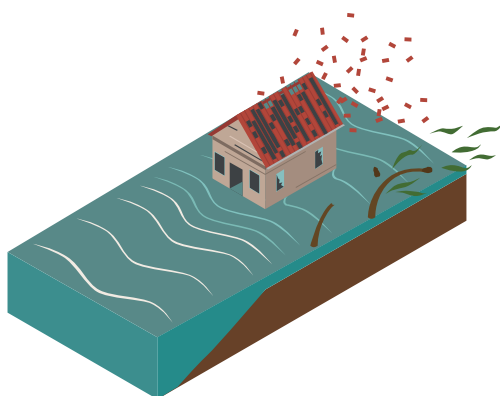
96-110 mph winds



3

Extensive Damage

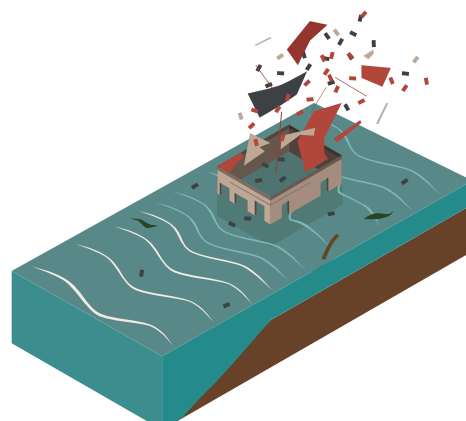
111-129 mph winds



4

Extreme Damage

130-156 mph winds



5

Catastrophic Damage

Over 157 mph winds

by Christina Vila

Bill Quinlan, a meteorologist on WCJB TV20's weather team, insists that although North Central Florida may not see a lot of hurricane action, it is always best to be prepared. The biggest threats from storms blowing through the area include trees and limbs being blown over, low-level flooding and occasional tornadoes.

Quinlan also suggests having an extended family emergency plan for those with out-of-state families. Have a single person you will call who will get the word out to everyone else. Let them know if you will be leaving your house to go to a shelter.

"Contact should be made before the storm gets here," he said. "It can get very scary if people don't understand where you've gone."

Have an emergency cell phone handy as well. Although landlines may be down, most signals will remain uninterrupted after a storm.



All families should have an emergency kit prepared before storm season starts, Quinlan said. The most basic materials to include in this kit are water and food. There should be one gallon of water per person per day, and enough to last at least five days. Remember to pack nonperishable foods since there won't be any power. Important documents and cash should also be kept on hand.

Be sure to stock up on important medications (like insulin and heart medication) to last one to two weeks. While it may be possible to leave the house a few days after big emergencies, there is no guarantee that pharmacies will be open or in stock with what you need.

RIDING IT OUT

by Christina Vila

Being Safe & Feeling Safe

The toughest part of the season can be making your kids feel safe when it feels like the Big Bad Wolf is trying to blow the house down. Be as honest with them as possible so they can understand the importance of the situation.

One way to make this seem more fun is to treat it like a camping trip. Have kids pack away their favorite snacks and games at the beginning of the season along with your essentials. Having their favorite coloring and activity books on hand can make the time pass more quickly. The key is to keep them occupied so they don't focus on the scariness.

Plan Out Your Family Time

While having no cable and electricity to fall back on may seem like the end of the world, it can become an incredible bonding experience for families.

"You're going to have a lot of free time with your kids. Plan activities you can enjoy together," Quinlan said.

To keep informed while the storm is raging, invest in a small weather radio. Battery-powered televisions are another option, but only if they are compatible with new HD formatting.

The After Math

Children can be in more danger when wandering the streets after the storm than when they are sitting at home waiting it out. Downed power lines and flooding are a huge threat to their safety. Explain to them the hazards that lurk in destroyed buildings and in innocent-looking puddles.

If serious damage occurs, children may express fear that it can happen again. Make sure to alleviate their fears and allow them to ask questions. The chaos after a storm can be quite daunting for the inexperienced, but getting through it is easier as a family.

Preparing your family for hurricane season should be done sooner rather than later. For the updates on hurricane season prep, visit the websites for the American Red Cross and FEMA.



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