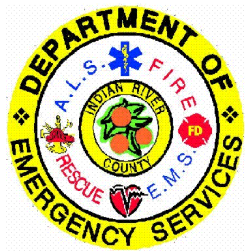
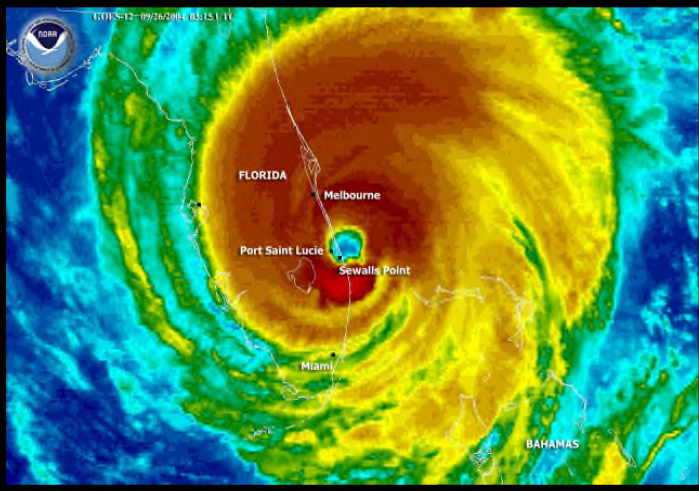


# Official Disaster Preparedness Guide For Indian River County



**Indian River County**  
**Department of Emergency Services**  
**Emergency Management Division**

4225 43<sup>rd</sup> Avenue  
Vero Beach, FL 32967  
(772) 226-3900  
[www.ircgov.com](http://www.ircgov.com)





Register for FREE Emergency Management Alerts

# ***Alert Indian River***

Website: [www.ircgov.com/emergencyservices](http://www.ircgov.com/emergencyservices)

Phone: 772-226-3900



- Severe weather
- Evacuation orders
- Public shelter activations
- Protective action recommendations

If we can't **REACH** you...

we can't **ALERT** you.



*Indian River County Emergency Management*

4225 43<sup>rd</sup> Avenue

Vero Beach, FL 32967

(772) 226-3900





# Get your FREE mobile app now !



## Get Prepared. Free. Easy to Use.

- Your Routes, Shelters & Services - Mapped
- Make Your Own Home Preparedness Plan
- Stay Up To Date With Alerts & News
- Checklists & Preparedness Resources

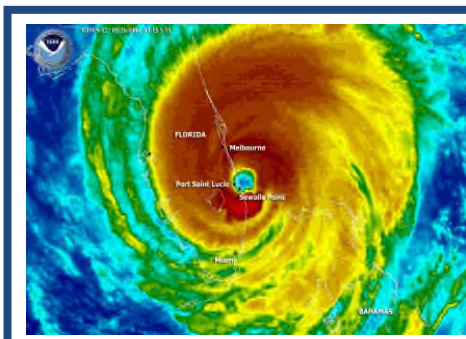
### Download the Indian River County Aware & Prepare App

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## **To Receive Alerts**

If you would like to receive weather alerts and other community safety information event notifications register now at:

[www.ircgov.com/emergencyservices](http://www.ircgov.com/emergencyservices)

# Important Numbers to Know

## **EMERGENCY: Law Enforcement/Fire/Ambulance**

**DIAL 9-1-1**

### **Emergency Services Public Information Line**

772-226-3927

(Activated during disasters)

### **Hospitals**

#### **Cleveland Clinic Indian River Hospital**

772-567-4311

1000 36th Street  
Vero Beach, Florida

#### **Sebastian River Medical Center**

772-589-3186

13695 U.S. Hwy. 1  
Sebastian, Florida

### **Indian River County Dept. of Emergency Services**

772-226-3900

### **Radio Stations**

**WSCF-FM (91.9)**..... 772-569-0919

WQCS-FM (88.9) ..... 772-465-8989

WAVW-FM (92.7) ..... 844-BUY-RADIO

WGYL-FM/WTTB-AM (93.7/1490) ..... 772-567-0937

WZZR-FM (94.3)..... 800-935-5927

WOSN-FM (97.1) ..... 772-567-0937

WJKD-FM (99.7) ..... 772-567-0937

WCZR-FM (101.7) ..... 800-935-3927

WQOL-FM (103.7) ..... 800-486-0103

WZTA-FM (107.9) ..... 772-335-9300

WPHR-FM (94.7) ..... 772-567-0937

### **Television Stations**

WPTV (NBC) Channel 5 ..... 561-655-5455

WPEC (CBS) Channel 12 ..... 800-310-9732

WPBF (ABC) Channel 25 ..... 561-694-2525

Government Access Channel ..... 772-226-1719  
Cable Channel 27

# How do I obtain the most current information for Indian River County?

- ✓ The Weather Channel



- ✓ Government Channel (Cable Channel 27)



- Internet: [www.ircgov.com/emergencyservices](http://www.ircgov.com/emergencyservices)  
✓ [www.ircgov.com](http://www.ircgov.com)



- ✓ NOAA Weather Radio



- ✓ WSCF 91.9 FM



- ✓ Receive weather alerts and other community safety information notifications. Register now at: [www.ircgov.com/emergencyservices](http://www.ircgov.com/emergencyservices)



- ✓ Download a FREE mobile preparedness app. Search **Aware & Prepare Indian River** in your app store.

Find us on these social media platforms:



✓



## Extreme Temperatures - Cold Safety

**FLORIDA WINTER:** Temperatures (particularly wind chill temperatures) occasionally drop below normal in Florida. Staying warm and safe may become challenging, since homes can become too cold from power failure or inadequate heating systems.

Your ability to feel temperature change decreases with age, and older persons are more susceptible to health problems caused by cold. If you are more than 65 years old, place an easy-to-read thermometer in an indoor location. Check the thermometer frequently and monitor your home temperatures during the winter months.

**Remember to plan ahead:** Just as you would for other emergencies (hurricanes, power outages, etc.), have a family disaster plan and disaster supply kit!

### Indoor Safety

When space heaters and fireplaces are used to stay warm, the risk of household fires and carbon monoxide poisoning increase. Install a smoke detector and a battery-operated carbon monoxide detector in the area to be heated when using a fireplace, wood stove, or kerosene heater. Test your detectors monthly and replace the batteries twice each year. Follow the manufacturer's instructions as well as the advance home safety measures and observe these safety tips:

- Store a multipurpose, dry chemical fire extinguisher near the heated area.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you use a kerosene heater.
- Only use the type of fuel your heater is designed for – do not substitute.
- Do not use your heater if it has a damaged electrical cord or produces sparks.
- Use fireplaces, wood stoves, and other combustion heaters only if they are properly vented to the outside. Do not leak flue gas into the indoor air space.
- Do not place space heaters near items which may catch on fire, such as drapes, furniture, or bedding.

### Conserve Heat

You may need fresh air coming in for your heater or for emergency cooking arrangements, however, keep as much heat as possible inside your home if you do not need ventilation. Avoid the unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night.

## **Monitor Temperature**

Infants less than one year old should never sleep in a cold room because - (1) infants lose body heat more easily than adults; and (2) infants cannot produce enough body heat by shivering. Provide infants with warm clothing while maintaining a warm indoor temperature.

If the temperature cannot be maintained, make temporary arrangements to stay elsewhere. In an emergency, you can keep an infant warm by using your own body heat. If you must sleep, take precautions to prevent rolling over on top of the baby. Pillows and soft bedding can also present a risk of smothering; remove them from the baby's area.

Older adults often make less body heat because of slower metabolism and less physical activity. If you are more than 65 years of age, check your home temperature often during severe cold weather. Also, check on elderly friends and neighbors frequently to ensure that their homes are adequately heated.

## **Eat and Drink Wisely**

Eating well-balanced meals will help you stay warm. Do not drink alcoholic beverages because they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages such as hot chocolate, sweetened coffee or tea to help maintain your body temperature. Ask your doctor beforehand if you have any dietary restrictions.

## **Outdoor Safety**

Dress warm, stay dry, and avoid overexertion. Remember, your body is already working hard to stay warm, so do not overdo it.

## **Cold-Weather Health Conditions**

Serious health problems can result from prolonged exposure to the cold. Hypothermia is the most common cold-related problem that affects Florida residents.

**Hypothermia** occurs when prolonged exposure to cold temperatures causes your body to lose heat faster than it can be produced. Eventually your body's stored energy will be expended. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not realize it is happening and will not comprehend the need to do anything about it.

Hypothermia can occur even at temperatures above 40°F if a person is chilled from rain, sweat, or submerged in cold water.

Victims of hypothermia are most often (1) elderly persons with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; and (3) people who remain outdoors for long periods (the homeless, hikers, hunters, etc.).



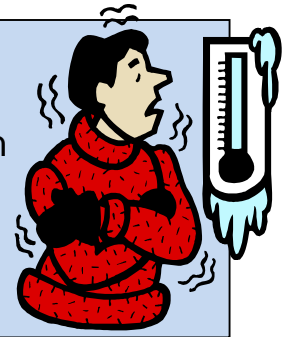
## Recognizing Hypothermia

### Adults

- Shivering/exhaustion
- Confusion/fumbling hands
- Memory loss/slurred speech
- Drowsiness

### Infants

- Bright red, cold skin
- Very low energy



### **First Aid (Hypothermia):**

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency and get medical attention immediately. If medical care is not available, begin warming the person as follows:

- Call 9-1-1.
- Get the victim into a warm room or shelter.
- Remove all wet clothing from the victim.
- Warm the center of the victim's body first (cheek, neck, head, and groin) using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase body temperature, but do not give alcoholic beverages. Also, do not give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia can be unconscious and may not seem to have a pulse or be breathing. In this case, handle the victim gently, and get emergency assistance immediately. CPR should be provided even if the victim appears deceased. CPR should continue while the victim is being warmed, until the victim responds, or advanced medical aid becomes available. Hypothermia victims who appear deceased can sometimes be successfully resuscitated.

These procedures do not substitute proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do can protect your health and the wellbeing of others.



## Extreme Temperatures - Heat Safety

**FLORIDA HEAT** ... can bring unusually high temperatures that may last for days, weeks, or months during the summer. All summertime activities must be balanced with measures that aid the body's cooling mechanisms to prevent heat-related illness. Remember to stay cool and use common sense. Follow these important tips:

### **Drink Plenty of Fluid**

During heavy exercise in a hot environment, drink two-four glasses (16-32 ounces) of cool water each hour. **Caution:** If your doctor has prescribed a fluid-restricted diet, salt-restricted diet, or diuretics for you, consult your doctor before changing what you eat or drink, especially sports beverages.

### **Replace Salt and Minerals**

Heavy sweating removes salt and minerals from the body. In addition to water, drink fruit juice or a sports beverage during exercise or any physical exertion in the heat.

### **Wear Appropriate Clothing**

Wear lightweight, light-colored, loose fitting clothing. A wide-brimmed hat will provide much needed shade from the sun and help keep your head cooler.

### **Use Sunscreen**

Check the sun protection factor (SPF) number on the label of a sunscreen container. Select SPF 15 or higher to protect yourself adequately. Apply sunscreen 30 minutes before going outdoors and reapply according to the package directions.

### **Pace Yourself**

Start slow if you are unaccustomed to working or exercising in a hot environment, and only gradually pick up the pace. **STOP** all activity in the heat if your heart is pounding or if you are struggling to breathe. Immediately get into a cool area, or at least get into the shade to rest if you become lightheaded, confused, weak, or faint.

### **Stay Cool Indoors**

The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner or evaporative cooling unit, consider visiting a shopping mall or public library for a few hours. A cool shower or bath is also an effective way to cool off.

### **Schedule Outdoor Activities Carefully**

If you must be in the heat, try to plan your outdoor activities either before noon or later in the evening. While outdoors, rest frequently in a shaded area. Periodic rest will give your body's thermostat a chance to recover.

## Use a Buddy System

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know anyone in this age group, check on them at least twice a day.



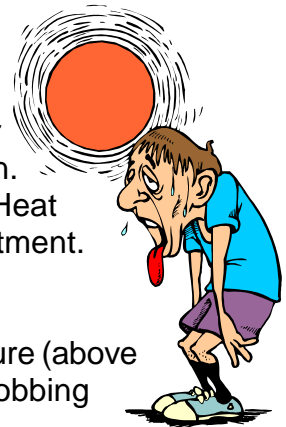
## Monitor Persons at High Risk

- Infants and children up to four years of age
- People who are ill or on certain medications
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- Pregnant women

## Hot Weather Health Emergencies

Even short periods of high temperatures can cause serious health problems such as *heat stroke* and *heat exhaustion*.

**Heat Stroke** occurs when the body becomes unable to control its temperature. If a person's body temperature elevates rapidly, their sweating mechanism can fail, and they may not be able to cool down. Body temperature may rise to 106°F or higher within 10-15 minutes. Heat stroke can cause death or permanent disability without emergency treatment.



### Recognizing Heat Stroke

Heat stroke warning signs can vary but may include: high body temperature (above 103°F, orally), red-hot dry skin (no sweating); a rapid strong pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness.

### **FIRST AID (Heat Stroke):**

If you observe any of these symptoms, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim:

- Call 9-1-1.
- Get the victim to a shady area.
- **Cool the victim rapidly using whatever methods you can.** For example, immerse the victim in a tub of cool water; place in a cool shower; spray with cool water from a garden hose; sponge with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcoholic beverages.



Sometimes a heat stroke victim's muscles will twitch uncontrollably. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If a victim vomits, turn the victim on their side and ensure that their airway remains open.

**Heat Exhaustion** is the body's response to excessive loss of water and salt through sweat. The persons most prone to heat exhaustion include the elderly, people with high blood pressure, and people working or exercising in a hot environment.

#### Recognizing Heat Exhaustion

Warning signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

The victim's skin may be cool and moist. Their pulse rate will be fast, weak, and breathing will be fast and shallow. Untreated heat exhaustion may progress into heat stroke. **Seek medical attention immediately if symptoms are severe, or the victim has heart problems, high blood pressure or if the symptoms last longer than one hour.**

#### **FIRST AID (Heat Exhaustion):**

- Call 9-1-1.
- Help the victim cool off. Cooling measures that may be effective include:
  - ✓ Provide cool non-alcoholic beverages (as directed by a physician)
  - ✓ Rest
  - ✓ Cool shower, bath, or sponge bath
  - ✓ An air-conditioned environment
  - ✓ Lightweight clothing

### **Other Heat-Related Health Problems**

**Heat Cramps** usually affect people who sweat excessively during strenuous activities. Sweating depletes a person's sodium and moisture. Low muscular sodium levels can cause painful cramps, and this can also be a symptom of heat exhaustion.

#### Recognizing Heat Cramps

Heat cramps are muscle pains or spasms, which usually occur in the abdomen, arms, or legs in association with strenuous activity. Seek medical treatment for heat cramping if you have heart problems or are on a low sodium diet.

### **FIRST AID (Heat Cramps):**

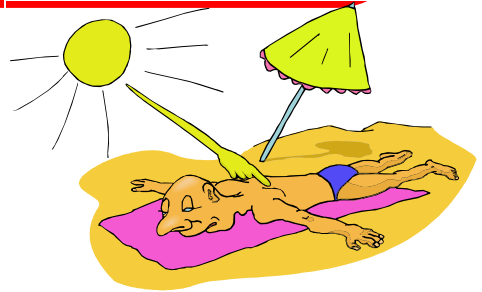
Take these steps if medical attention is not necessary:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
  - Wait a few hours before resuming strenuous activity after the cramping subsides. Further exertion may lead to heat exhaustion or heat stroke. Seek medical attention for heat cramps if they do not stop within one hour.

**Sunburn** should be avoided! Although the discomfort is usually minor, and healing often occurs in about a week, a severe sunburn may require medical attention.

#### **Recognizing Sunburn**

Sunburn symptoms include: Skin becomes red, painful, and abnormally warm after sun exposure.



### **FIRST AID (Sunburn):**

Consult a doctor if the sunburn affects an infant under one year of age or if fever, fluid-filled blisters and/or severe pain exists.

Remember these tips when treating sunburn:

- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas.
- Do not break blisters.

**Heat Rash** is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

#### **Recognizing Heat Rash**

Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck, upper chest, groin, under the breasts, and in elbow creases.

### **FIRST AID (Heat Rash):**

The best treatment for heat rash is to seek a cooler less humid environment and keep the affected area dry. Dusting powder may be used to increase comfort but avoid using ointments or creams since they keep the skin warm and moist. This can make the condition worse.



## Flooding

Devastating floods occur throughout the U.S. and has caused billions of dollars in property damage. Unfortunately, flooding is not covered under most insurance policies.

### ***Consider the following:***

Wind speeds do not tell a Hurricane's full story. Hurricanes can produce storm surges, tornadoes, and often the most-deadly of all, inland flooding.

While storm surge is always a potential threat, more people have died from inland flooding in the last 30 years. Intense rainfall is not directly related to the wind speed of tropical cyclones. In fact, some of the greatest rainfall amounts have occurred during weaker storms that slowly drifted or stalled over an area. Inland flooding can threaten communities that are located hundreds of miles away from the coast since intense rain fall amounts may accumulate from these huge tropical systems.

**Do you know if you are in a flood or storm surge zone? Go to this Indian River County web link to find out: <https://ircgis.maps.arcgis.com>.** Once on the **Indian River County Maps & Applications** website, scroll to find "FEMA Flood Zones" or "Storm Surge Zones" to find your answer.

### **Is your homeowner's or renter's insurance policy enough?**

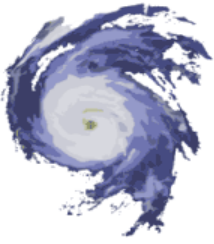
NO! Homeowner and renter policies *do not cover incurred damages from RISING WATER!* However, flood insurance protection is available to communities that participate in the National Flood Insurance Program (NFIP). Flood insurance *only* covers damages that are caused by rising water, whether from ponding, tidal flow, or storm surge. Indian River County participates in the NFIP and actively works with the Federal Government to make insurance as affordable as possible.

Do not wait until a flood is coming to purchase your policy! It normally takes 30 days after purchase for a flood insurance policy to go into effect. For more information about flood insurance and the NFIP, contact your insurance company or agent, or call the NFIP at 1-800-427-4661. Insurance under the NFIP is relatively inexpensive, but only you can decide if it is a good investment. Ask questions!

### **Steps to Take Today**

- Know your flood risk. Call your local emergency management office or building department for more flooding information.
- Closely examine your insurance policy.
- Inventory your personal property and create a list of all home furnishings, clothing, and valuables. Take photographs or recorded video of your home, inside and out. The inventory, photographs, and recorded video will help insurance adjusters settle your claim. Uninsured losses may be tax deductible if they can be documented.
- Prepare a family disaster plan and assemble a family disaster supply kit.





# Hurricane Preparedness

**HURRICANES** are one of nature's most destructive and widespread phenomenon's, and they frequently occur during June 1 - November 30 (Hurricane Season). Hurricanes, also known as typhoons, are severe tropical storms with heavy rains and intense winds which blow circular around a center known as the "eye." If the eye passes directly overhead, there will be a lull in the wind lasting from a few minutes to half an hour. At the other side of the eye, the winds will rapidly return to hurricane force and blow from the opposite direction.

Hurricanes are unpredictable and can cause catastrophic damage depending on storm intensity. Hurricanes can also produce tornadoes and cause severe flooding. All hurricanes should be monitored and respected regardless of their size!

## HURRICANE TERMINOLOGY

**TROPICAL DEPRESSION:** A tropical cyclone with maximum sustained surface winds of 38 mph. (33 knots) or less.

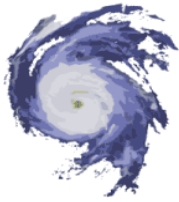
**TROPICAL STORM:** A warm core tropical cyclone with surface winds from 39 to 73 mph. (34-63 knots).

**ADVISORY:** A message from the National Hurricane Center, which gives watch and warning information. Advisory details include: tropical disturbance location, intensity, movement, and precautionary data. Advisories are numbered consecutively for each storm, however tropical disturbances are not named until they reach a storm stage - that is, rotary circulation, and constant winds of over 38 m.p.h. (33 knots). Advisories are issued at the following time intervals: 5:00 am, 11:00 am, 5:00 pm, and 10:30 pm Eastern Daylight Time. Each message will give the name, center (eye) location, and forecast movement of the tropical disturbance. Hurricane watches or warnings are examples of advisories that may be issued.

**HURRICANE WATCH:** A warning that hurricane conditions are possible and may threaten an area within 48-hours. A Hurricane Watch means that you should take action to purchase supplies and secure your home/business.

**HURRICANE WARNING:** means that winds of 74 mph (65 knots) up to 200 m.p.h. (174 knots) or more, are expected to impact an area within 36-hours. Hurricane Warnings may include evacuations so be ready to move quickly if evacuation orders are issued by authorities. Time could be a lifesaver!

**STORM SURGE** is an abnormal rise of storm generated water, which is over and above the predicted astronomical tides. Storm surge can cause extreme flooding in coastal areas and this is generally the greatest threat of life and property from a hurricane.



# Five Categories of Hurricanes

## How are Hurricane Categories Determined?

SAFFIR-SIMPSON HURRICANE SCALE		
CATEGORY	SUSTAINED WINDS (MPH)	DAMAGE
<b>1</b> Very dangerous winds, will produce some damage	<b>74 – 95 mph</b>	Risk of being hit by flying debris. Older mobile homes (pre-1994) could be destroyed. Unprotected windows may break if struck by flying debris. Could damage roof shingles, vinyl siding, soffit panels, and gutters. Failures to overhead doors and unprotected windows will be common. Some failure of pool enclosures. Extensive damage to power lines and poles will likely result in power outages that could last a few to several days.
<b>2</b> Extremely dangerous winds, will cause extensive damage	<b>96 – 110 mph</b>	Substantial risk of injury or death due to flying/falling debris. Older mobile homes have a high chance of being destroyed. Newer mobile homes have a high chance of being destroyed. Homes could sustain major roof and siding damage. Commercial signage, fences, and canopies will be damaged or destroyed. Near-total power loss is expected with outages that could last from several days to weeks.
<b>3</b> Devastating damage will occur	<b>111 – 129 mph</b>	High risk of injury or death due to flying/falling debris. Nearly all older mobile homes will be destroyed. Newer mobile homes may sustain severe damage with the potential for complete roof failure and wall collapse. Homes can experience major damage involving the removal of roof decking and gable ends. Commercial signage, fences, and canopies will be destroyed. Electricity and water could be unavailable for several days to a few weeks after the storm passes.
<b>4</b> Catastrophic damage will occur	<b>130 – 156 mph</b>	Nearly all older and newer mobile homes will be destroyed. Homes will experience extensive damage to roof coverings, windows, and doors. Fallen trees and power poles will isolate residential areas. Power outages could last for weeks to possibly months.
<b>5</b> Catastrophic damage will occur	<b>Greater than 157 mph</b>	A high percentage of frame homes will be destroyed, with total roof failure and wall collapse. Extensive damage to roof covers, windows, and doors will occur. Nearly all commercial signage, fences, and canopies will be destroyed. Nearly all trees will be snapped or uprooted and power poles downed. Fallen trees and power poles will isolate residential areas. Power outages could last for weeks to possibly months. Long-term water shortages will increase human suffering. Most of the area could become uninhabitable for weeks or months.

## Assembling a Disaster Supply Kit

Here is a list of some of the most important items for your disaster supply kit. Start gathering your supplies at the beginning of the year and store them in water-resistant containers.



- Battery-powered radio or television
- Flashlights
- Extra batteries
- Emergency power pack for cell phones
- First aid kit
- Manually operated can opener
- Disinfectant
- Household bleach
- Credit card and cash
- Personal identification
- Extra set of vehicle keys
- Matches or lighter in a waterproof container
- Wrench or pliers (to turn off utilities)
- Whistle or flare to signal for help
- Map of your local area
- Water (1 gallon/person/day)
- Seven-day supply of non-perishable food items
- Two-week supply of medications
- Mosquito repellent
- Fire extinguisher
- Instant tire sealer
- Two coolers (one for food, one for ice)
- Tarps
- Clean-up supplies
- Camera
- Garbage can or bucket with cat litter (for emergency toilet)
- Plastic trash bags
- Toilet paper, paper towels, moist towelettes
- Infant necessities

### If you evacuate please take:

- Pillows, blankets, sleeping bags or air mattresses
- Extra clothing, shoes, eyeglasses, etc.
- Folding chairs, lawn chairs or cots
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc.)
- Quiet games, books, playing cards, favorite toys for children, etc.
- Important papers and irreplaceable keepsakes

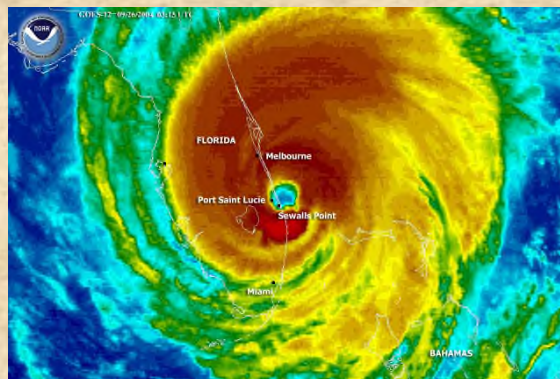
### Precious commodities before/after storm:

- Cash (banks may be closed)
- Charcoal, matches and grill
- Ice
- A corded phone



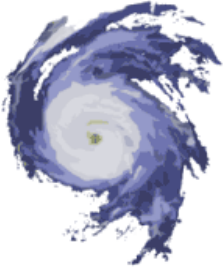
## What to do Prior to a Storm

- ✓ Meet with your family to create a disaster plan.
- ✓ Determine if you live in an evacuation area.
- ✓ Remember: All mobile home residents must evacuate regardless of their location.
- ✓ Decide where you will go if ordered to evacuate (a friend or relative, hotel or motel, or as a last resort, a public shelter, or leave the area).
- ✓ Inventory your disaster supply kit and replenish anything needed.
- ✓ Make plans and purchase materials to secure your home.
- ✓ Keep your home in good repair (trimming trees, keeping gutters clean, etc.).
- ✓ Purchase a NOAA weather radio and corded telephone.
- ✓ Inventory your property and possessions on paper and take a video survey of your property.
- ✓ Make copies of important documents and keep them in a waterproof container (insurance documents, birth/marriage certificates, social security cards, bank account numbers, etc.).
- ✓ Review your homeowner's insurance policy and purchase flood insurance, if necessary.
- ✓ Register your pet for our pet-friendly shelter, if qualified.
- ✓ Register for the special needs shelter, if qualified.



## As a Storm Approaches

- ✓ Listen for weather updates on your local stations and NOAA weather radio.
- ✓ Inventory your disaster supply kit and replenish necessary supplies.
- ✓ Refill prescription medications.
- ✓ Clear your yard of lawn furniture, potted plants and other yard debris that may become airborne.
- ✓ Protect your windows and glass doors with protective plywood or shutter covering. Brace double entry and garage doors at top and bottom.
- ✓ If there is a chance flooding could threaten your home, protect electronics, antiques and furniture by elevating off the floor.
- ✓ Fill your vehicle's fuel tank and check oil. Gas pumps will not operate without electricity.
- ✓ Secure your boat early.
- ✓ Get cash. Banks will not be operating without electricity.



## What to do after a Storm

Past events have shown that our community might be without several conveniences (water, power, telephone, sewer, and local businesses) for up to several weeks after a hurricane landfall. Gas stations, banks, supermarkets and restaurants may not be immediately operational and there will likely be service disruptions while repairs are made. Everyone needs to be prepared, self-reliant, and patient.

### Re-Entry

**Be Patient.** Even though the winds have subsided, you will not be given an all-clear to return home until safety has been determined. Search and rescue operations must be completed, and hazards such as downed power lines, must be cleared beforehand.

- ✓ It may take time for emergency crews to reach your neighborhood.
- ✓ Access to the barrier island will be restricted for everyone until an assessment determines that safe entry (bridge is secure, no downed power lines, etc.) can occur. There will be no access passes issued.
- ✓ Driving on roads that have not been cleared can be hazardous.

### Post-Storm Safety Precautions

- ✓ Keep grills and generators outdoors in well-ventilated areas.
- ✓ Avoid candles. Use flashlights and lanterns instead.
- ✓ Avoid unnecessary driving and phone use. Keep roadways and phone lines open for emergency use.
- ✓ Avoid downed or dangling power lines.
- ✓ Be especially careful when clearing downed trees.
- ✓ Always supervise children.
- ✓ Do not wade in standing water.
- ✓ Be aware of snakes, insects, alligators or animals that have seeked higher ground due to floods.
- ✓ Be extremely careful when using a chain saw.
- ✓ Call professionals to remove large, uprooted trees.

#### Generator Safety Tips

- ✓ Gasoline-powered generators produce deadly carbon monoxide fumes.
- ✓ Never run generators inside your home or in a garage.
- ✓ Keep generators far away from open windows and doors.
- ✓ Never connect a generator directly to your home's wiring. Generator power can "back feed" into utility lines and potentially injure/kill a neighbor or utility crew working to restore power. It is preferred to plug appliances directly into the generator's outlet.
- ✓ Never refuel a hot generator or one that is running.



## Hazardous Materials

**HAZARDOUS MATERIALS** are chemicals or substances, which are harmful to human health and the environment. Hazardous materials are often used in agriculture, industry, medicine, research and consumer goods. They present a hazard if released into the environment.

Hazardous materials are transported locally, and a major chemical spill can occur in our area. If you live within a one-mile radius of a hazardous material stockpile, you should be alert to possible accident scenarios. This also includes locations within a one-mile radius to major/secondary roadways and railroads.

### WHAT TO DO IF YOU ENCOUNTER A HAZARDOUS MATERIAL ACCIDENT

- Notify 9-1-1.
- Get away from the accident scene.
- Do not walk into or touch any spilled material.
- **Avoid** inhaling any gases, fumes or smoke. **Do not** assume that gases and vapors are harmless just because there is no odor.
- **Do not** go near the accident victims. Wait for the authorities to arrive.
- If a warning signal is heard, tune into your local media for information. Follow instructions carefully that are given by the emergency response personnel.
- If outside during an incident, try to go at least one-half mile away from the danger area. In some instances you may need to go a much further distance away.
- If you are inside a motor vehicle, close off the ventilation and close the windows.
- Evacuate immediately if you are asked to do so.
- In certain circumstances, you will be asked to remain indoors, rather than evacuate.
- If you learn that you will be sheltered indoors, fill your bathtub and large containers with water. Be prepared to turn off the intake valve if authorities advise you to do so.
- Avoid contact with any spilled liquid materials, airborne mist, or condensed solid chemical deposit.
- Keep your body fully covered and wear gloves, socks and shoes. Remember that these measures may offer minimal protection.
- Avoid eating or drinking any food or water which may be contaminated.

## WHAT TO DO AFTER A HAZARDOUS MATERIALS INCIDENT

- Do not return home until local authorities say it is safe to do so.
- Upon returning to your home, open all windows, vents, and turn on fans to provide ventilation.
- A person or item that has been exposed to a hazardous chemical may be contaminated and could contaminate other people or items.



## WHAT TO DO IF YOU HAVE COME IN CONTACT WITH, OR BEEN EXPOSED TO HAZARDOUS CHEMICALS:

- Follow decontamination instructions from your local authorities.
- Seek medical treatment for unusual symptoms that may be related to the hazardous materials release.
- If medical help is not immediately available, and you believe you may be contaminated, remove all clothing and shower thoroughly (unless local authorities say the chemical is water reactive and advise you to do otherwise). Change into fresh, loose, warm clothing and seek medical help as soon as possible.
- Place exposed clothing and shoes in tightly sealed containers without allowing articles to contact other items and call local authorities to find out about proper disposal.

**Local authorities can advise you on how to clean up your land and property.**

**Report any lingering vapors or other hazards to 9-1-1.**





# Influenza

Influenza (the flu) is a contagious respiratory illness caused by viruses. Influenza can cause mild to severe illness, and sometimes leads to death. Some people, such as the elderly, young children, and persons with certain health conditions, are at higher risks for serious complications. The best way to prevent the flu is by getting **vaccinated** each year. The United States flu season is usually from fall through early spring. The peak of flu season occurs anywhere from late November through March. The overall health impact (e.g., infections, hospitalizations, and deaths) during a flu season varies annually. On average, each year in the United States:

- 3-11% of the population gets the flu
- More than 380,000 people are hospitalized from flu-related complications
- Median deaths from flu-related causes is 20,000 people per year.

## Is it the cold or flu?

Symptoms	Cold	Flu
<b>Fever</b>	Rare	Usually present
<b>Aches</b>	Slight	Usual, often severe
<b>Chills</b>	Uncommon	Fairly common
<b>Tiredness</b>	Mild	Moderate to severe
<b>Sudden Symptoms</b>	Symptoms appear gradually	Symptoms can appear within 3-6 hours
<b>Coughing</b>	Hacking, productive cough	Dry, unproductive cough
<b>Sneezing</b>	Common	Uncommon
<b>Stuffy Nose</b>	Common	Uncommon
<b>Sore Throat</b>	Common	Uncommon
<b>Chest Discomfort</b>	Mild to moderate	Often severe
<b>Headache</b>	Uncommon	Common

## Preventing the Flu

1. The Centers for Disease Control and Prevention recommends a yearly flu vaccine as the first and most important step in protecting against influenza.
2. Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after use.
3. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer rub.
4. Avoid touching your eyes, nose and mouth. Germs spread this way.
5. Try to avoid close contact with sick persons.
6. If you are sick with a flu-like symptoms, the CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities.



## Lightning Safety

Florida is the Lightning Capital of the United States, and we have the highest number of lightning casualties when compared to the other 49 states. On average, lightning is responsible for more weather-related deaths in Florida than all the other weather hazards.

### Stay Away from Trees and Water

Anywhere outdoors is dangerous during a lightning storm, however the most hazardous locations are near water, trees, or high places such as residential/building roofs. Other locations to avoid during a lightning storm are open areas, golf courses, agricultural fields, and hiking trails. **The bottom line is that it is much safer to be indoors when lightning is in the area!**

### Safety Rules

1. Go quickly inside a completely enclosed building, not a carport, open garage or covered patio. If no enclosed building is convenient, get inside a hard-topped vehicle.
2. **DO NOT** take shelter under a tree.
3. If there is no shelter, avoid being the tallest object in the area. If only isolated trees are nearby, crouch on the balls of your feet in the open, keeping twice as far away from a tree as it is tall.
4. Avoid leaning against vehicles. Get off bicycles and motorcycles.
5. Get out of the water, off the beach and out of small boats or canoes. If caught in a boat, crouch down in the center of the boat away from metal hardware. Do not stand in water puddles, even if you are wearing rubber boots.
6. Avoid open spaces, wire fences, metal clothes lines, exposed sheds and electrically conductive elevated objects.
7. Do not use metal objects like golf clubs, fishing rods, tennis rackets or tools.
8. Do not work on fences, telephone or power lines, pipelines, or steel fabrications.
9. Stop tractor work and heavy construction equipment, especially when pulling metal equipment, and dismount. Do not seek shelter under the equipment.
10. Avoid congregating in groups. Do not hold hands with others and space yourself several yards from one another.

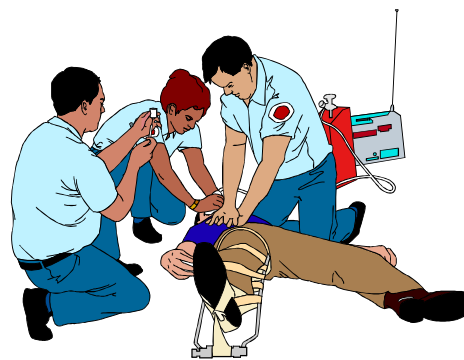
## Safety Guidelines

Plan ahead! Make sure you know the weather forecast before going outside.

Carry a NOAA weather radio or a portable radio on your travels, especially if you will be away from a sturdy shelter (such as boating, camping, etc.). This way you will get the latest forecast.

Have an action plan if thunderstorms are expected during an outdoor activity. Activate your plan if lightning is observed in your area.

Seek shelter or go indoors if the time delay between a lightning flash and the rumble of thunder is 30 seconds or less, or if you observe thunderhead clouds.



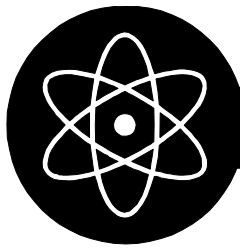
### First Aid for Lightning Strike Victims:

- Call 9-1-1
- Administer CPR if necessary
- Give first aid for shock
- Keep victim calm
- Stay with the victim until medical help arrives



### The 30/30 Rule

- When a lightning flash is seen, count the number of seconds to the initial sound of thunder.
- Divide the number of seconds by five to get the strike distance (in miles).
- Take shelter if the Flash-to-Bang delay is 30 seconds or less.
- Stay undercover until 30 minutes past the last clap of thunder.



Indian River County is within 50 miles of the Saint Lucie County Nuclear Power Plant and the chances of an emergency event there is low. During an emergency, a release could send radioactive particles and gases into the atmosphere. Heavy radioactive particles will probably fall near the release point. Lighter radioactive particles can be carried by wind and may affect areas up to 50 miles away from the release point, which is also known as the Ingestion Exposure Emergency Planning Zone (EPZ). The main concerns for residents within a 50-mile EPZ are: contamination of vegetables, milk, and drinking water that comes from open sources (lakes, rivers, ocean, etc.) Specific protective safety instructions during a radiological emergency will be broadcasted over the Emergency Alert System (EAS), Radio and TV.

### IF AN EMERGENCY OCCURS:

- Keep calm.
- Tune in to the county government channel or your local media outlet.
- Evacuate if you are advised to do so.
- Close and lock home doors and windows.
- Keep car windows and vents closed; use recirculated air.
- Keep a battery powered radio with you at all times. Stock extra batteries.
- If possible, shelter livestock and give them stored feed and protected water supplies. A special effort should be made to protect dairy cows from being contaminated.
- If you must go outdoors, cover your nose and mouth with a handkerchief.
- Wash leafy vegetables, pods and fruits thoroughly. Clean and peel underground vegetables such as potatoes and carrots.
- Fresh vegetables, cattle feed, milk from grazing cattle and open drinking water sources must be tested before consumption.
- Take a thorough shower if you have recently been outside. Change your clothes and shoes. Put the items you were wearing in a plastic bag and seal it then store it out of the way.



# Tornado Safety

**TORNADOES** are formed winds rotating in a counter clockwise direction at speeds of up to 300+ miles per hour during a storm event. Tornadoes are usually short lived and can be



extremely destructive. Tornadoes can develop thousands of feet above the earth's surface and usually occur during warm, humid, unsettled weather in conjunction with a severe thunderstorm. As a thunderstorm moves, tornadoes may form at intervals along its path for a few miles and then dissipate. The forward speed of tornadoes can range from almost no motion to 70 miles per hour. In Florida, the average tornado width is 475 feet and the average length is 3 miles.

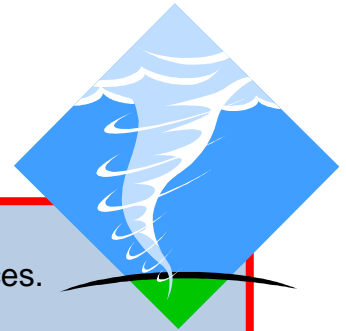
A **TORNADO WATCH** is issued when conditions are favorable for tornadoes to occur. Be prepared to seek shelter.

A **TORNADO WARNING** is issued when a tornado has either been sighted or observed by Doppler radar. Immediately seek a safe shelter!

## WHEN THUNDERSTORMS THREATEN YOUR AREA

- Listen to local media for the latest information and instructions.
- Keep a watch on the horizon. If you see any revolving funnel-shaped clouds, report them immediately to 9-1-1 and seek shelter.

## UPON SIGHTING A TORNADO



- Take cover immediately.
- Stay away from windows, doors, outside walls and open spaces.
- Protect your head from falling objects or flying debris.
- If you are in a vehicle, trailer, or mobile home, get out immediately and go to a more substantial structure.
- Never get underneath a mobile home/trailer.
- Seek shelter on foot if possible.
- **Do not drive your car!**
- If there is no shelter nearby (outside) lie flat in the nearest ditch, ravine or culvert with your hands shielding your head. Even a low spot in the ground will give you some protection.



## ***Causes of Tsunamis***

- Tsunamis are usually formed by earthquakes.
- Tsunamis are less commonly formed by landslides (into the water and completely below the water).
- Tsunamis are infrequently caused by volcanic eruptions or explosive decompression of underwater methane deposits.
- Tsunamis are very rarely formed by a large meteorite impact in the ocean.

***Can a tsunami happen on Florida's east coast?*** Yes!!! After the devastating tsunami in the Indian Ocean on December 26, 2004, many people have asked, could such a tsunami happen here in Florida? On March 11, 2011 an 8.9 magnitude earthquake occurred off the east coast of Japan. This was one of the largest earthquakes in recorded history, and it triggered a 23-foot tsunami which battered Japan's coast. Over 19,000 people were killed, and the tsunami swept away cars, homes, buildings, and boats. This devastating event stimulated inquiries and has helped raise tsunami awareness in Florida.

Although the chance of a tsunami in Indian River County is extremely remote, our Emergency Management Team wants you to be prepared. Computer modeling for a large tsunami originating from the Puerto Rico trench could inundate Indian River County's beaches up to the dune line. Modeling results from a tsunami triggered by a large Portugal earthquake suggests more significant impacts locally. In this case, ocean water may breach the dune line in some locations and reach Highway A1A.

## ***Local Evacuation***

In the unlikely event that a tsunami impacts Florida's east coast, it would likely originate from a long distance away. The first wave would take approximately two or more hours to reach our beaches. Some tsunami waves would likely take approximately four to eight hours to reach our County.

Persons in the announced evacuation order have the following options:

- Evacuate the designated risk area (locations east of Highway A1A) following the recommended evacuation routes, and/or seek shelter in one of the following locations:
  - Home of a friend or relative
  - Commercial building (mall, department store, movie theater, etc.)
  - Designated tsunami shelter/area outside the tsunami hazard zone. A centrally located tsunami shelter/area has been designated in a safe area outside the tsunami hazard zone. Indian River County Emergency Management will announce this area to the public at the time of a tsunami warning.
- Vertical evacuation: Vertical evacuation consists of moving persons from an entire area, floor, or wing of a building to a higher floor or wing. The National Weather Service has determined that 15 feet (3<sup>rd</sup> floor or higher in a modern, secure building) is the minimum acceptable level for vertical evacuation within the Tsunami Hazard Zone.



Over the past 50 years, more Floridians have moved out of cities to build in outlying wildlife urban interface areas. In fact, almost one-third of our population lives in wildland urban Interface areas, where structures intermingle with forests and wildlands. Many residents may not realize that they live “too close to nature” and could also be residing on the edge of a wildfire disaster. Florida can experience severe wildfires during drought periods. These wildfires can destroy homes, disrupt people’s lives, and impact our economy. Visit [www.firewise.org](http://www.firewise.org) to discover what experts know about protecting your home and neighborhood from wildfires.

The Florida Forest Service offers FREE Firewise workshops across Florida. Invite your local Wildfire Mitigation Specialist to your next homeowner’s meeting to be a guest speaker. Wildfire education materials can also be found at [www.floridaforestservice.com](http://www.floridaforestservice.com).

## Why Homes Burn

Wildland urban Interface homes are usually lost because of “little things” that are associated with the two most vulnerable parts of a house: the roof and the immediate areas surrounding the structure. The most vulnerable part of a house is the roof and soffits. Wood shingles can easily catch fire from flying embers. Roofs with fire-resistant shingles can also catch fire from embers if an accumulation of leaves and pine needles are present and/or in the gutters. Fire brands/embers can fly up to a quarter mile away and start new fires ahead of the main fire. Embers can land on roofs, in gutters, on dry dead grass, through open windows and also go underneath homes.

Florida’s native plants and animals depend on fire to burn off excessive vegetation. Pine trees need fire to grow and spread their seeds, while animals need fire, so they can better forage for food. Periodic fire promotes a variety of plants and animals that thrive in these areas. For example, periodic fire provides a gopher tortoise with more foraging and traveling opportunities. Another example is that a red cockaded woodpecker can forage in dead pine trees for insects.

When a natural area becomes overgrown, a purging wildfire is natural and inevitable. Leaf blowers and hedge trimmers are not an effective or cost-efficient way to treat hazardous fuel buildup on larger land parcels. The process of reducing the wildfire risk includes reducing the hazardous accumulation of dead leaf litter through mechanical and prescribed fire treatments.

Wildfire Mitigation targets highly flammable vegetation types in Florida. Mechanical treatments, such as mulching, chopping or grinding up highly flammable shrubs or small trees can reduce future fire intensity while also improving tree health. Prescribed fire is more effective and cost efficient than mechanical treatments at reducing leaf litter/debris. Florida is a subtropical climate and vegetation will grow back to extremely flammable levels within a few years unless a management plan is implemented. Management plans may include a combination of mechanical and prescribed fire techniques.

## Love for Nature Increases Wildfire Danger



1. Keep the surface and area beneath decks, sheds, propane tanks and boats free of leaf litter. Maintain a 3-to-5-foot space around your house and all attachments that is “fuel free” – no flammable mulch, woodpiles, or plants that can allow fire to touch the house.
2. A well mark non-flammable street sign makes it easier to find your home. Ensure that trees and shrubs within the first 30 feet of your home are healthy, spaced apart, and not overhanging the house. A pond or a fire hydrant aids firefighters to quickly access water to extinguish flames.
3. An address on a mailbox or house makes it easier for first responders to find your home. A wide enough drive and paved road makes it easier for first responders in larger vehicles to quickly render aid. Have two ways out of your neighborhood, just in case one way is blocked. Mow the lawn regularly and water wisely.
4. Keep the woods 30 feet beyond your house and attachments. Give yourself added protection with “fuel breaks,” such as driveways, gravel walkways, and lawns.
5. Clean out gutters and downspouts of debris and leaves. Make sure you have a nonflammable roof covering and assembly. Your roof is the most vulnerable spot for firebrands that blow in and collect.



## Disaster Preparedness





# Boats and Severe Weather

The best hurricane harbors offer protection from wind and tidal surge. Stout deep-rooted trees - Australian pines or banyans with shallow root systems, on either side of a creek can provide good protection for larger boats.

There is always a possibility for tidal surge, and the Indian River does not offer good protection for the average boater. The best advice is to move your boat inland, away from the ocean and the possibility of tidal surge.

## MARINE WEATHER TERMINOLOGY

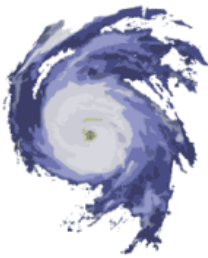
- **Small Craft Advisory** - Winds are forecasted between 18 and 33 knots. Winds at these levels could impact the safe operation of small boats.
- **Gale Warning** - Winds are forecasted between 34 and 47 knots.
- **Storm Warning** - Winds are forecasted to be over 48 knots.
- **Tropical Storm Warning** - Winds are forecasted between 34 and 63 knots and are associated with a tropical storm.
- **Hurricane Warning** - Winds are forecasted to be over 64 knots and associated with a hurricane.
- **Special Marine Warning** - The broadcast warning of a short-term marine hazard occurring on the water.

Search in advance for a first and second choice hurricane harbor. Plan how you will tie your boat and buy the necessary lines and fenders for protection.

## WHAT TO DO WITH YOUR BOAT

- Move the boat to an in-and-out boat storage facility.
- Store the boat in your garage or a warehouse.
- If your boat is on a trailer and you cannot store it inside, move it to the protected side of your home or garage. Secure the boat with chains or ropes to prevent it from blowing in the wind.
- Put the plugs in the boat and fill halfway with water.
- Let half the air out of the tires, and then block them.

**Contact your local Coast Guard for more boating information.**



## Disaster Planning for Businesses

Dept. of Labor statistics notes that 40% of businesses that experience disasters will never reopen and are 25% more likely to close within two years afterwards. For example, 86,000 Floridians became unemployed overnight after Hurricane Andrew in 1992. This illustrates the severe economic impact that hurricanes can have on a community.



*Review Disaster Tasks.*

A hurricane preparedness plan makes the road to recovery much easier. The single most important factor is being prepared as early as possible. Business organizations can minimize the economic impact of a disaster through good preparation planning.

### **Use the following suggestions to assist with your Planning Efforts:**

- ✓ **Evaluate your risk**
  - Determine if you are in an evacuation zone.
  - Determine if you are vulnerable to winds and tidal surge.
- ✓ **Develop a formal written disaster preparedness plan**
  - Define each employee's responsibilities before and after the storm.
  - Designate an alternate location for a business to muster if building damage occurs.
  - Specify outside vendors for emergency supplies.
  - Establish a communication strategy and obtain emergency contact information for each employee.
  - Backup your computer data often and decide which paper records need to be removed from the premises.
  - Have a plan to protect your building and its contents.
- ✓ Install hurricane shutters (or other hard covering) over all windows.
- ✓ Unplug and wrap all electrical equipment in plastic to keep dry.
- ✓ Move filing cabinets and office machines to a safe part of the building, elevate if possible.
- ✓ Turn off electric power at the main power box.
- ✓ Conduct a photographic or video inventory of all business assets.
- ✓ Check for adequate insurance coverage.

## Business Records and Resources



Every business relies on several important records, documents, and files to operate effectively. Many of these records are vital to business success and cannot be easily reproduced after a disaster. Examples of these vital records include: insurance policies, legal contracts, tax returns, accounting statements, and customized computer files. It is important that you create a back-up copy of each of these documents and store them in a secure off-site location away from your business. Original copies that you use within your business location should be stored in a common place so they can be quickly accessed during an emergency evacuation.

### **Register your business with the Florida Virtual Business EOC!**

It is free and will help you before, during, and after a disaster. You will also have access to a business disaster toolkit that provides valuable information regarding preparedness, response, and recovery issues. Visit <https://floridadisaster.biz/> to register and obtain additional information.

### **Business Recovery Checklist**

Following a disaster, it is necessary to begin the hard work of rebuilding as soon as possible. Each business will be impacted differently and will have to respond appropriately to continue short-term operations while working towards long-term recovery. Your business will be better prepared to start the recovery process through applying the information and resources identified within your Business Disaster Plan. Certain steps can be taken that simplify and accelerate the recovery process after ensuring the safety of families, co-workers, and office facilities.

Use the following checklist as a guide to begin repairing your business:

- Assess and document any damages to your business or property.
- Report any losses to your insurance company as soon as possible.
- Repair/clean buildings and reorganize offices.
- Prioritize the critical business functions and allocate necessary resources.
- Continue long-term recovery and return to normal business operations.
- Update your Business Disaster Plan and take appropriate actions to mitigate future losses.

# Family Disaster Planning

In the following pages, you will find information for all types of disasters that may impact our area. To assist with your planning needs you can download our mobile app, “*Aware & Prepare Indian River*”, to create a personalized family emergency plan and a list of go-kit supplies. The app is free and available at the Apple Store or Google Play.

## On the following pages you will find important information about:

- Food and water supplies recommended for your family.
- Disaster planning tips and supplies for your pets.
- Important documents and files to store and protect.
- Disaster kits and what to have in them.
- Your local shelters and evacuation routes.
- A list of important phone numbers to know.
- A list of things to do before a storm, what to do as a storm approaches, what to do after a storm, and more!



## You will also find information to help personalize your disaster preparedness information, such as:

- Important Contact Information
- Checklist for a Kid’s Activity Survival Kit
- Suggested Disaster Supplies Calendar
- Hurricane Tracking Chart
- Blank Notes Page





## Kids and Disaster

A disaster can be a scary and difficult time for everyone, but especially for young children. The effects of a disaster may cause your family to leave home and stay somewhere else for a while. Living in an unfamiliar place can be confusing to a child, so it is important that you plan ahead and bring things that will comfort them. It is smart to assemble a “Kid’s Activity Survival Kit” so they will have things to do and share with other children. These items can be stored in a backpack or small duffel bag.



### Some suggested items for your Kid’s Activity Survival Kit:

- Favorite books
- Crayons, pencils or marking pens and plenty of paper
- Scissors and glue
- Favorite toys, such as a doll or action figure
- Board games and playing cards
- Puzzles
- Favorite stuffed animal or puppet
- Favorite blanket and/or pillow
- A “treasure box” with a few of their favorite items that make them feel safe
- Favorite snack items

# Preparedness for Manufactured Home Residents

Two years after Hurricane Andrew flattened virtually every mobile home in Homestead, Florida, the Federal Department of Housing and Urban Development (HUD) began enforcing stricter construction standards.

Today mobile homes are built stronger, heavier and with double the previous anchoring requirements. Industry experts warn that the older a home is, the greater the risks of storm damages.

**WHEN AN EVACUATION IS ORDERED,  
ALL MANUFACTURED HOME RESIDENTS MUST EVACUATE  
REGARDLESS OF LOCATION, STRUCTURE OR TIE-DOWNS.**

Models previous to the new standards set in 1994 will only withstand winds of about 75 mph. By comparison, the new models are made with thicker/stronger wood and use metal strapping to tie the building together as one unit. HUD requires that manufactured homes be able to withstand 120 mph winds if they are anchored within 1,500 feet of the coast or 110 mph in other coastal county areas.

No matter how strong a manufactured home is, owners are advised to inspect anchoring systems regularly to make sure they have not become loose. Even though the newer homes are considered "safer", hurricane winds and other related dangers continue to threaten all manufactured/mobile home residents.

**Take the following steps to  
secure your home before evacuating:**

- Pack all breakables in well-padded cartons and place them on the floor of your home.
- Shutter windows.
- Turn off the water supply where it enters the home.
- Shut off fuel lines and/or turn off bottles at the tanks. **DO NOT** disconnect.
- Stow away or anchor outside objects such as garbage cans, lawn furniture, etc.
- Minimize damage by using "over the top" and "frame ties" to anchor your mobile home. "Over the top" keeps the unit from overturning and "frame ties" prevent it from being blown off the supports.

## NOAA Weather Radio



The best way to obtain severe weather information in our area is to purchase a National Oceanographic & Atmospheric Administration (NOAA) Weather Radio. This small device is approximately the size of a telephone and can be activated when severe weather threatens.

The weather radio broadcasts are provided 24 hours a day, by the National Weather Service (NWS) office in Melbourne, Florida. They are responsible for weather forecasting from Volusia County southward to Martin County. You can listen to weather forecast data anytime using the NOAA Weather Radio or you can set it into an Alert Mode. In the Alert Mode, the radio will only broadcast when activated by the NWS. If an alert is activated, you will hear a loud horn sound, which is

followed by important protective action information from the NWS. The NOAA Weather Radio is always used for severe weather; however, it may also be used for other public safety emergencies.

The NOAA Weather Radio is sold in many electronic stores throughout the country. You should consider the following three important features when shopping for a radio:

1. Make sure the weather radio has seven (7) channels. The frequency used in our area is channel 2 or channel 7 on the weather radio.
2. Make sure the weather radio has an Alert feature for severe weather announcements. This is the only way to receive information without listening to the weather radio 24 hours a day.
3. Make sure the weather radio has a battery back-up in case you lose power. Most weather radios only need a 9-volt battery which will last for months under normal use. This will assure that you receive important announcements even if lightning disrupts your commercial electric power.

The NWS conducts a test of the NOAA Weather Radio system every Wednesday morning. This is a good way to test the Alert feature on your weather radio.

If you have any questions regarding NOAA Weather Radios, please call 772-226-3900, or go to [www.weather.gov/ohx/nwrhelp](http://www.weather.gov/ohx/nwrhelp).



## Disaster Preparation for your Pets

### Pet Friendly Shelter Information

If your home is a safe place during a storm, and officials have not ordered an evacuation, you and your pet should probably stay there until the danger has passed. Prepare by stocking up provisions such as extra food, water, pet supplies and pet medications. If you must evacuate, pet owners in Indian River County who reside in an evacuation area now have somewhere safe to go with their pets!

**The Pet-Friendly shelter is offered for residents who live within one of Indian River County's evacuation areas:**

- ✓ Barrier Island
- ✓ Mobile/manufactured home
- ✓ East of U.S. #1
- ✓ Areas known to flood
- ✓ Sub-standard housing

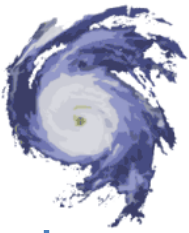
The pet-friendly shelter in Indian River County is Liberty Magnet School, which is located at 6850 81<sup>st</sup> Street in Vero Beach, just south of C.R. 510 and west of 66<sup>th</sup> Avenue. The shelter is limited to the following pets: dogs, cats, birds, rabbits and small rodents.

Pet owners who shelter at Liberty Magnet School are responsible for the care of their own pets and must bring sufficient pet food, carriers, medications and supplies.

Proof of a current county license and rabies vaccine is required. Please contact the Humane Society of Vero Beach & Indian River County for additional information at (772) 388-3331, Ext. 133 or visit their website at [www.hsvb.org](http://www.hsvb.org).

### **NEVER LEAVE YOUR PET BEHIND!**

- ✓ The safest place for your pet is with you. Many hotels make exceptions during an evacuation and accept crated pets.
- ✓ Remember to include your pet(s) in disaster planning.
- ✓ If you have made arrangements to board your pet, ensure the facility is not in a flood or surge area and will be attended throughout the storm.
- ✓ Pets should be transported in carriers for their protection and yours.
- ✓ Proper ID tags should be worn. The Humane Society offers free pet ID tags and you should talk to your veterinarian about microchipping.
- ✓ Have an ample supply of food and water available.
- ✓ Be sure to have required medications and a First-Aid Kit.
- ✓ Have photographs of all your pets for identification purposes. Immediately contact area Humane Societies if your pet becomes lost. Photographs can greatly aid in reuniting you and your lost pet.



## Checklist of Emergency Supplies for your Pet

- Properly fitted collar bearing the pet's current license and identification tag.
- Leash.
- Portable crate/carrier for your pet.
- Food and water bowls.
- A two-week supply of water and pet food in watertight containers (a manual can opener may be necessary if the food is canned).
- Up-to-date health records including a recent photo of you with your pet.
- Your pet's medications – at least a one-month supply.
- Cat litter pan with litter and/or newspapers, a litter scoop, and plastic bags for feces disposal.
- Toys, health treats and towels.
- First aid supplies.

## LARGE ANIMALS

- Horses and livestock should be left in open pasture if your barn(s) cannot withstand hurricane force winds.
- Do not leave animals in a modular structure.
- Pasture fences should be mended before a storm.
- Barbed wire fencing can cause severe animal injuries and should not be used.
- Maintain an ample supply of food, water and medical supplies for at least one-week post disaster.



*Photo courtesy of FEMA*

## AFTER THE DISASTER

- Communications may be limited after a disaster. Listen to local media.
- Disaster relief centers will be established throughout the County.
- Volunteers will also be needed.

More information may be obtained by contacting Indian River County Animal Control at (772) 226-4799, or the Humane Society of Vero Beach & Indian River County at (772) 388-3331.





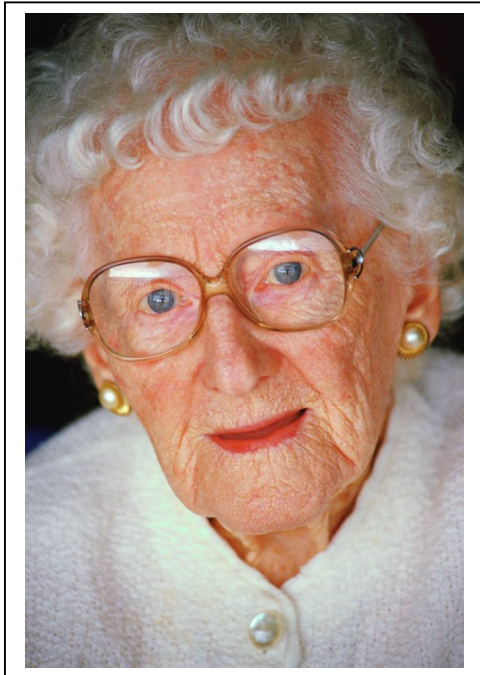
## Prescription Medication Refills

In 2006, legislation was passed which makes it possible to obtain emergency-preparedness prescription medication refills when a hurricane threatens your area. Chapter 252.358 of the Florida Statutes requires all health insurers, managed care organizations, and other licensed entities by the Office of Insurance Regulation to provide prescription medication coverage as part of a policy or contract, and to waive time restrictions on prescription medication refills. This requirement includes suspending electronic "refill too soon" edicts to pharmacies. The law enables those who are insured or are subscribers of prescription medication plans to refill prescriptions in advance of a hurricane. To do this, there must be authorized refills remaining for the prescription medication. The law authorizes payment to pharmacies for at least a 30-day supply of any prescription medication. It does not matter when a pharmacist last filled the prescription.

### **This law goes into effect under the following conditions:**

1. The person seeking the prescription medication refill must live in a county that:
  - Is under a hurricane warning issued by the National Weather Service; or
  - Is declared to be under a state of emergency in an executive order issued by the Governor; or
  - Has activated its Emergency Operations Center and its emergency management plan.
2. The prescription medication refill must be requested within 30 days:
  - After any of the conditions listed above (in section 1) occur; or
  - Until these conditions are terminated by the authority that issued the conditions; or
  - When these conditions no longer exist.
3. The time-period for a waiver of prescription medication refills may be extended in 15 or 30-day increments by emergency orders issued by the Office of Insurance Regulation.

# Planning for the Special Needs of your Loved Ones



## Special Medical Needs Shelter

The goal of our Special Needs Shelter program is to provide a safe temporary shelter for persons who require medical assistance during an evacuation.

Our Special Needs Shelter provides medical support and special care during an evacuation. Candidates must meet certain eligibility requirements, which includes but is not limited to: electric dependent, dialysis, oxygen dependent, nebulizer and hospice patients.

Pre-registration for the Special Needs Shelter is encouraged to guarantee your space. There are some limitations, specifically for those patients with unstable medical conditions. Citizens who reside in adult living facilities or nursing homes are also ineligible, as they are legally required to follow the evacuation plans for their individual facility.

Our Special Needs Shelter is the Treasure Coast Elementary School, which is located at: 8955 85<sup>th</sup> Street Sebastian, Florida, 32958. This is on County Road 510 – just southeast of Sebastian River High School.

## Transportation Registration

Persons who need transportation to a regular shelter or the Special Needs Shelter must register with the Special Needs program prior to hurricane season. ***There are no guaranteed pick-ups for last minute transportation requests once an evacuation order has been issued.***

## Regular Public Shelters

Regular public shelters are available under emergency conditions and will accept anyone who is self-sufficient, and without the need of outside professional assistance for daily life activities. Individuals who do not meet the criteria above will be referred to either the Special Needs Shelter or to an appropriate health care facility. The regular public shelters will have nursing personnel and volunteers to assist evacuees upon arrival. Individuals with decreased mobility, but have no additional medical problems, will be provided for in our regular shelters.

## Special Needs Shelter Supplies

Individuals who plan on utilizing the Special Needs facility must provide their own supplies to the best of their ability. These supplies include:

- ✓ Bedding
- ✓ Medications
- ✓ Oxygen equipment
- ✓ Linens
- ✓ Pillows
- ✓ Blankets
- ✓ Chairs
- ✓ Medical supplies



Drinking water, non-perishable food items, and other reasonable personal items are also encouraged to make your stay as comfortable as possible. All dietary foods required by a special care evacuee will be his/her responsibility. Assistance from the parking area into the Special Needs Shelter will be available.

Items such as emergency oxygen equipment, first aid supplies, advanced life support medications, and equipment will be provided by the Department of Emergency Services.

Please call for detailed information if you are unsure about which shelter to evacuate to.

Please contact the Emergency Management office at (772) 226-3900 if you would like to receive a registration application or more information regarding hurricanes.

## Advice for Senior Citizens



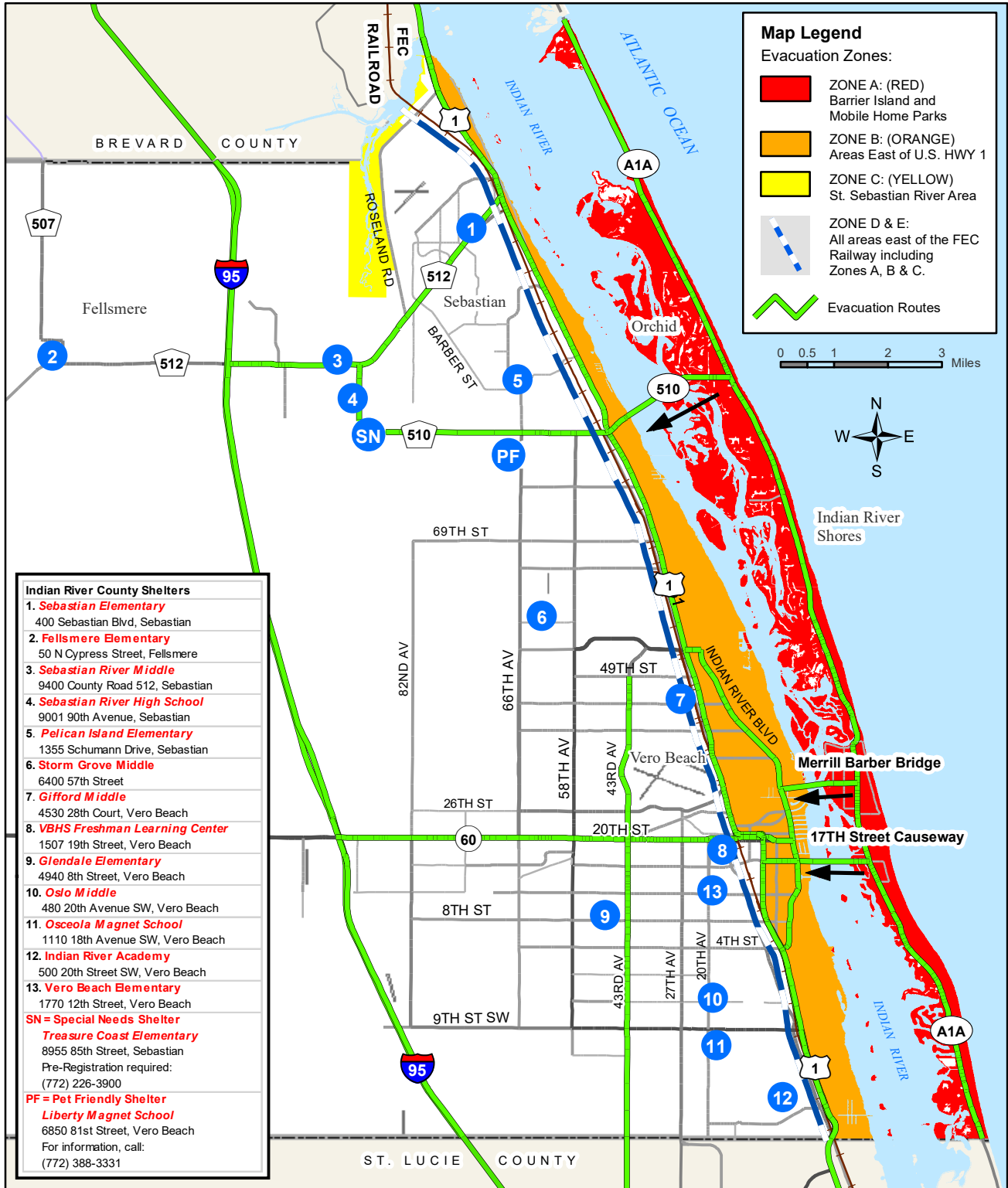
Two in five Florida seniors live with at least one disability. It is critical that everyone be good neighbors and help those who may not be able to help themselves. Persons who live alone may need assistance with completing a special needs shelter registration form. If you have a loved one who resides in a nursing home or assisted living facility, the administrator should be contacted to learn about the facility's disaster plan.

Your physician may decide that you need to be cared for in a skilled nursing facility (such as a hospital or nursing home) during an emergency. In this situation, the physician must pre-arrange your admittance with a specific facility prior to an evacuation. You must have a copy of your physician's pre-admission letter present when you arrive at the skilled nursing facility for admittance.



# Indian River County Evacuation Guide

## Emergency Evacuation Routes, Zones, and Shelters





# Indian River County PRIMARY SHELTER LIST



### South County:

Indian River Academy  
500 20th Street SW  
Vero Beach, Florida 32962

Oslo Middle School  
480 20th Avenue SW  
Vero Beach, Florida 32962

Osceola Magnet School  
1110 18th Avenue S.W.  
Vero Beach, Florida 32962

### Central County:

Gifford Middle School  
4530 28th Court  
Gifford, Florida 32967

Glendale Elementary School  
4940 8th Street  
Vero Beach, Florida 32960

V.B.H.S. Freshman Learning Center  
1507 19th Street  
Vero Beach, Florida 32960

Vero Beach Elementary School  
1770 12th Street  
Vero Beach, Florida 32960

### North County:

Fellsmere Elementary School  
50 North Cypress Street  
Fellsmere, Florida 32948

Pelican Island Elementary School  
1355 Schumann Drive  
Sebastian, Florida 32958

Sebastian Elementary School  
400 County Road 512  
Sebastian, Florida 32958

Sebastian River Middle School  
9400 County Road 512  
Sebastian, Florida 32958

Sebastian River High School  
9001 90th Avenue  
Sebastian, Florida 32958

Storm Grove Middle School  
6400 57th Street  
Vero Beach, Florida 32967

### **\*\*SPECIAL NEEDS SHELTER\*\***

Treasure Coast Elementary School  
8955 85th Street  
Sebastian, Florida 32958

**Pre-registration required:  
Call 772-226-3900 for information.**



### **\*\*PET-FRIENDLY SHELTER**

Liberty Magnet School  
6850 81st Street  
Vero Beach, Florida 32967

**Call 772-388-3331, Ext. 10  
for information**



**Shelters do not open  
at the same time, and  
some may not open at  
all. Stay tuned to  
media reports for  
current information.**





# My Important Contact Information

## Homeowner's Insurance Information

Name of Company:

Company Address:

Agent's Name:

Contact Phone Number:

Policy Number:

## Flood Insurance Policy Information

Name of Company:

Company Address:

Agent's Name:

Contact Phone Number:

Policy Number:

## Family Physicians

Name:

Phone Number:

Name:

Phone Number:

## Nearest Relative

Name:

Phone Number:

## Out of Town Contact

Name:

Phone Number:

## My Family Meeting Location

Your family may not be together when a disaster occurs, so it is good to plan ahead and choose a place where you could meet after a disaster or how you will contact one another if you are separated.

# Disaster Supplies Calendar

This Disaster Supplies Calendar will help you prepare for an emergency before it happens. Use the calendar to assemble a disaster supplies kit in small steps over a five-month period. Check off the items weekly as you gather them. Remember to change or replace perishable supplies (food and water) every six months by rotating them into your regular pantry. (\* Denotes: Purchase one for each member of your household).

## WEEK 1

### THINGS TO BUY:

- 1 Gallon of Water\*
- 1 Jar of Peanut Butter
- 1 Large Jug/Can Juice\*
- 1 Canned Entree\*
- Manually-operated Can Opener
- Permanent Marker



### THINGS TO DO:

1. Familiarize yourself with disasters that can happen in your area.
2. Familiarize yourself with evacuation routes and shelters in your area.
3. Date each perishable food item with a permanent marker.
4. If eligible, register with the county Special Needs program.
5. Make plans for your pet.

## WEEK 2

### THINGS TO BUY:

- Heavy Rope
- Duct Tape
- 2 Flashlights
- Matches in a Waterproof Container

**THINGS TO DO:**

1. Complete an assessment of your personal needs and your resources if a disaster occurs.

**WEEK 3**

**THINGS TO BUY:**

- 1 Gallon of Water\*
- 1 Canned Entree\*
- 1 Can of Fruit\*
- Paper & Pencil
- Area Map
- Aspirin or Non-aspirin Pain Reliever (including infant Tylenol, if applicable)
- Package of Baby Diapers, if applicable
- Jars of Baby Food, if applicable

**THINGS TO DO:**

1. Create a personal support network of persons (friends and relatives) who will help you obtain the resources needed for you to cope with a disaster.

**WEEK 4**

**THINGS TO BUY:**

- Canned tire inflator (such as Fix-A-Flat) for your automobile tires
- Signal Flare
- Compass
- Extra Medications or Prescriptions (label "For Emergency Use Only")
- Baby Formula, if applicable
- Pedialite (or other infant rehydrating solution), if applicable

**THINGS TO DO:**

1. Compile a medical information list and provide it to family member(s).
2. Make sure that your form of identification(s) is current.

## **WEEK 5**

### **THINGS TO BUY:**

- 1 Gallon of Water\*
- 1 Canned Entree\*
- 1 Can of Fruit\*
- 1 Can of Vegetables\*
- 2 Rolls of Toilet Paper
- Extra Toothbrush\*
- Travel Size Toothpaste

### **THINGS TO DO:**

1. Make a floor plan of your home and include primary escape routes.
2. Identify safe places to go in case of a fire, tornado, flood or hurricane.
3. Practice fire, tornado, and hurricane drills with your network.

## **WEEK 6**

### **THINGS TO BUY:**

- First Aid Supplies
- Sterile Adhesive Bandages (in assorted sizes)
- Safety Pins
- Adhesive Tape
- Latex Gloves
- Sunscreen
- Gauze Pads
- Sterile Roller Bandages
- Extra Hearing Aid Batteries, if needed

### **THINGS TO DO:**

1. Make arrangements for your pets, (update vaccines, reserve boarding space, register with the pet-friendly shelter, etc.).

## **WEEK 7**

### **THINGS TO BUY:**

- 1 Gallon of Water\*
- 1 Can of Ready-to-Eat (not concentrated) Soup\*
- 1 Can of Fruit\*
- 1 Can of Vegetables\*
- Sewing Kit
- Disinfectant

### **THINGS TO DO:**

1. Establish at least one out-of-town contact to call in case of an emergency.

## **WEEK 8**

### **THINGS TO BUY:**

- First Aid Supplies
- Scissors
- Tweezers
- Thermometer
- Liquid Antibacterial Hand Soap
- Disposable Hand Wipes (including baby wipes, if applicable)
- Personal Hygiene Items (adult diapers, deodorant, etc.)

### **THINGS TO DO:**

1. Place a pair of sturdy shoes and a flashlight by your bed so they are handy during an emergency.
2. Assemble a package of items to occupy your time (crossword puzzles, magazines, books, games, etc.).



## **WEEK 9**

### **THINGS TO BUY:**

- 1 Can of Ready-to-Eat Soup\*
- Liquid Dish Soap
- Household Chlorine Bleach
- 1 Box of Heavy Duty Garbage Bags
- Antacid (for upset stomach)
- Extra Saline Solution and Contact Lens Case, if needed

## **WEEK 10**

### **THINGS TO BUY:**

- Waterproof Portable Plastic Container, with lid (for important papers and photos)
- Battery Powered Radio, with extra batteries
- Basic Household Tools

### **THINGS TO DO:**

1. Make copies of important papers and store them in a safe place.

## **WEEK 11**

### **THINGS TO BUY:**

- 1 Large Jug/Can Juice\*
- Large Plastic Food Storage Bags
- 1 Box of Quick Energy Snacks (granola, cheese & crackers, fruit snacks, etc.)
- 3 Rolls of Paper Towels
- Medicine Dropper, if needed

### **THINGS TO DO:**

1. Consider an extra battery or emergency power pack for electronic devices.
2. Test your smoke detectors, and replace the batteries as needed.

## **WEEK 12**

### **THINGS TO BUY:**

- Whistle
- Perforated Metal Tape (plumber's tape)
- Crow Bar
- Insect Repellant

### **THINGS TO DO:**

1. Take a first aid/CPR class.

## **WEEK 13**

### **THINGS TO BUY:**

- 1 Can of Fruit\*
- 1 Canned Entree\*
- 1 Can of Vegetables\*
- 1 Package of Plastic Eating Utensils
- 1 Package of Paper Cups
- 1 Package of Paper Plates

## **WEEK 14**

### **THINGS TO BUY:**

- Extra Flashlight and Radio Batteries
- Assorted Nails and Screws
- Labels for your Equipment and Supplies

### **THINGS TO DO:**

1. Label your equipment and attach instruction cards.

## **WEEK 15**

### **THINGS TO BUY:**

- 1 Canned Entree\*
- 1 Can of Vegetables\*
- 1 Box of Facial Tissue
- 1 Box of Quick Energy Snacks
- Dried Fruits/Nuts

### **THINGS TO DO:**

1. Build a disaster supplies kit for your vehicle.

## **WEEK 16**

### **THINGS TO BUY:**

First Aid Supplies:

- Anti-diarrheal Medication
- Rubbing Alcohol
- Antiseptic Cream
- Syrup of Ipecac

## **WEEK 17**

### **THINGS TO BUY:**

- 1 Box of Graham Crackers
- Assorted Plastic Containers with Lids
- Dry Cereal

## **WEEK 18**

### **THINGS TO BUY:**

- Double-sided Tape or Hook-and-Loop Fasteners (Velcro)
- Plastic Bucket with a Tight-Fitting Lid
- Plastic Sheeting

### **THINGS TO DO:**

1. Store a blanket or sleeping bag (with pillows) for each household member.

## **WEEK 19**

### **THINGS TO BUY:**

- 1 Box of Quick Energy Snacks
- Comfort Foods (cookies, candy bars, hard candy, etc.)
- Plastic Wrap
- Aluminum Foil
- Denture Care Items, if needed

### **THINGS TO DO:**

1. Review insurance policies with your agent and ensure that you are covered for the disasters which may occur in your area. Obtain additional coverage as needed.

## **WEEK 20**

### **THINGS TO BUY:**

- Camping or Utility Knife
- Work Gloves
- Disposable Dust Masks

### **THINGS TO DO:**

1. Conduct a household inventory, which includes: pictures and/or recorded video. Store your household inventory in a safe place.

\* Denotes the purchase one item for each household member.

# HURRICANE TRACKING CHART

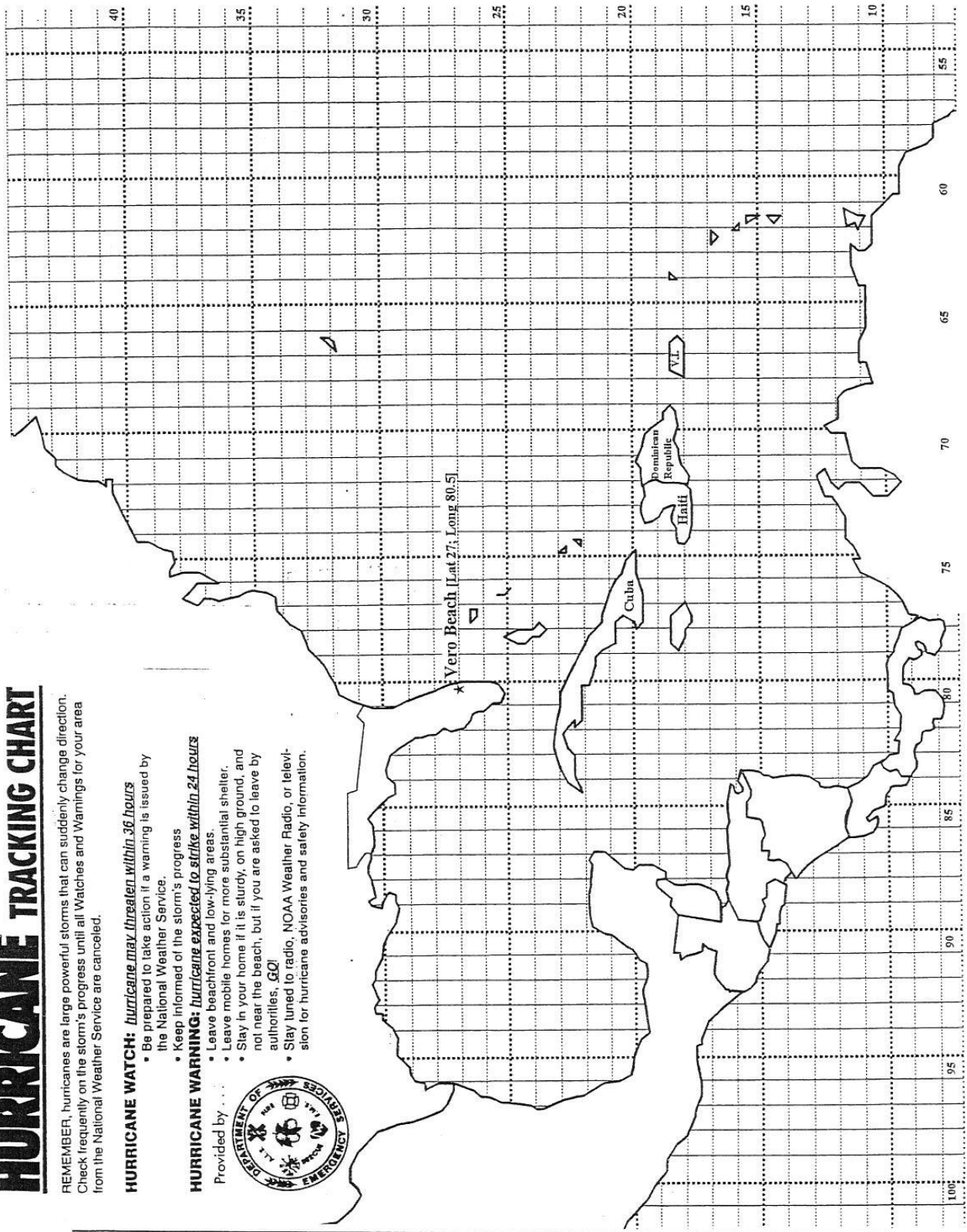
REMEMBER, hurricanes are large powerful storms that can suddenly change direction. Check frequently on the storm's progress until all Watches and Warnings for your area from the National Weather Service are canceled.

## HURRICANE WATCH: *hurricane may threaten within 36 hours*

- Be prepared to take action if a warning is issued by the National Weather Service.
- Keep informed of the storm's progress

## HURRICANE WARNING: *hurricane expected to strike within 24 hours*

- Leave beachfront and low-lying areas.
- Leave mobile homes for more substantial shelter.
- Stay in your home if it is sturdy, on high ground, and not near the beach, but if you are asked to leave by authorities, GO!
- Stay tuned to radio, NOAA Weather Radio, or television for hurricane advisories and safety information.





# NOTES

