



NARRAGANSETT INDIAN HEALTH CENTER

Improving health in our community

September 14, 2023

Dear Tribal Member,

The Narragansett Indian Health Center Team would like to share the following information and the attached informational flyers regarding emergency preparedness due to the upcoming storm and beginning of the hurricane season:

Please remember to check your emergency equipment, such as your flashlights, generators, and storm shutters. Charge any equipment you may need during a power outage such as medical equipment, cell phones, iPads, and radios. Make sure you have a few days medications on hand, as well as, food and water.

Before an emergency happens, sit down with your family or friends and decide how you will get in contact with each other, where you will go, and what you will do in an emergency.

The following flyers are attached to help you plan and prepare:

1. The National Weather Service's flyer *What to Do Before the Tropical Storm or Hurricane*
2. The Red Cross' *Hurricane Safety Checklist*
3. The *My Diabetes Emergency Plan* flyer as provided by the American College of Endocrinology and sponsored by Lily Diabetes.
4. FEMA Region I *Emergency Go Bag Checklist*

Best Regards,

Your NIHC Team

Cc: File



What to Do Before the Tropical Storm or Hurricane

[Weather.gov](#) > [Safety](#) > What to Do Before the Tropical Storm or Hurricane

Safety

National Program

Hurricane Safety

Watches and Warnings

Plan for a Hurricane

Take Action

After a Hurricane



Take time now to prepare a hurricane emergency kit. Check below for items to include in your kit.

Don't wait until a warning is issued and the stores are empty or closed.

Prepare an emergency plan and make sure every member of your family knows what to do if they aren't home when an emergency is declared.

Image: NOAA

Hurricane Resources

[Hurricane Safety](#)

[Hurricane Hazards](#)

[Hurricane Climatology](#)

[Historical Hurricane Tracks](#)

[National Hurricane Center](#)

[Central Pacific Hurricane Center](#)

[Worldwide Tropical Cyclone Forecast Centers](#)

[Outreach and Education](#)

[Links and Partners](#)

The best time to prepare for a hurricane is before hurricane season begins on June 1. It is vital to understand your home's vulnerability to storm surge, flooding, and wind. Here is your checklist of things to do BEFORE hurricane seasons begins.

- **Know your zone:** Do you live near the Gulf or Atlantic Coasts? Find out if you live in a hurricane evacuation area by contacting your local government/emergency management office or by checking the [evacuation site website](#).
- **Put Together an Emergency Kit:** Put together a [basic emergency](#). Check emergency equipment, such as flashlights, generators and storm shutters.
- **Write or review your Family Emergency Plan:** Before an emergency happens, sit down with your family or close friends and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Keep a copy of this plan in your emergency supplies kit or another safe place where you can access it in the event of a disaster. Start at the [Ready.Gov emergency plan webpage](#).
- **Review Your Insurance Policies:** Review your insurance policies to ensure that you have adequate coverage for your home and personal property.
- **Understand NWS forecast products,** especially the meaning of [NWS watches and warnings](#).
- Preparation tips for your home from the [Federal Alliance for Safe Homes](#)
- [Preparation Tips for those with Chronic Illnesses](#)

[Download our checklists and more free resources.](#)

5 THINGS TO KNOW ABOUT HURRICANE HAZARD RISKS

- Storm surge is water pushed onshore by the tropical system. It causes the most damage of any of the hurricane hazards.
- Wind from a hurricane can top 200 mph and cause massive damage to buildings in its path.
- Inland flooding caused by heavy rain damages homes and can wash out roadways well away from the coast.
- Tornadoes are common as a hurricane moves ashore. They are not typically long-lived, but they can cause plenty of damage.
- Rip currents and rough seas are common both before and after a hurricane, making swimming or surfing very dangerous.

For more Hurricane Safety Information, visit weather.gov/hurricanesafety

5 THINGS TO KNOW ABOUT HAVING AN EVACUATION PLAN

- Find out if you would need to evacuate. Don't travel hundreds of miles, only far enough away from the evacuation area.
- Plan your evacuation route. Have an alternate route.
- Leave when ordered to so do. Do not wait.
- Communicate your plan with someone not in the storm's path.
- Plan for your pets. Most local shelters do not permit them.

For more Hurricane Safety Information, visit weather.gov/hurricanesafety

5 THINGS TO KNOW ABOUT STRENGTHENING YOUR HOME

- Keep trees around your home trimmed well before a storm to prevent damage from broken branches.
- Have the proper materials in advance to board up your windows to protect them from flying debris.
- Bring loose outdoor items such as patio furniture inside. They can blow around and cause damage to homes.
- Secure all doors on your property. Remember that the garage door is usually the most vulnerable.
- Move your car inside a garage or to another secure location.

For more Hurricane Safety Information, visit weather.gov/hurricanesafety

5 THINGS TO KNOW ABOUT WHERE TO GET HURRICANE INFO

- Television - Tune in to your trusted local news source.
- Phone - Access mobile.weather.gov on your mobile phone and get Wireless Emergency Alerts.
- Radio - Receive forecast information and news on your NOAA Weather Radio.
- Social Media - Stay in touch with friends and family and receive updates from your trusted sources of information.
- Computer - Access information from weather.gov, ready.gov and flash.org

For more Hurricane Safety Information, visit weather.gov/hurricanesafety

5 THINGS TO KNOW ABOUT UPDATING YOUR INSURANCE

- Check your insurance policies well ahead of the storm to see what is covered.
- Make sure you have flood insurance. Flooding is the leading cause of damage from tropical systems.
- Visit floodsmart.gov to learn about your flood risk and flood insurance options for your area.
- Prepare your home and vehicles according to your specific insurance policies to ensure damages are covered.
- Know where your insurance documents and contact information are located. Take them with you if you evacuate.

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US Dept of Commerce
National Oceanic and Atmospheric Administration
National Weather Service
Safety
1325 East West Highway
Silver Spring, MD 20910

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Career Opportunities

Comments? Questions? Please Contact Us.

Hurricane

Preparedness Checklist

Hurricanes and tropical storms are rotating storms that form over warm waters. These storms bring high winds, heavy rain, storm surge (rise in water level), flooding and tornadoes. Climate change has caused hurricanes to strengthen faster and bring heavier rainfall. The most common cause of death during a hurricane is from drowning. These storms are dangerous and can damage places far inland. But we can take action to prepare. Prepare now to protect yourself, your loved ones and your home.



What to Do: Before

Make Plans to Stay Safe

Determine your best protection from high winds and flooding.
Have a plan to evacuate and a plan to shelter safely.



If advised to evacuate, do so immediately

- You may have to leave your home quickly and go to a safe place.
- Know where you will go, how you will get there and where you will stay.
- Plan well in advance if you will need help leaving or use public transportation.
- Mobile, manufactured, trailer homes and recreational vehicles (RVs) are not safe in high wind events. Plan ahead by preparing to evacuate to a safe location.



Plan to shelter safely

- Be ready to live without power, water, gas, phone and internet for a long time.
- Practice going to a designated safe shelter for high winds. The next best protection is a small room with no windows on the lowest level of a sturdy building that is not likely to flood.
- Be aware that flooding can happen quickly. Have a plan to evacuate fast before floodwaters reach you.
- Create a personal support team of people you may assist and who can assist you.



Plan to stay connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Understand the types of alerts that you may receive and have a plan to respond when you receive them.
 - A WATCH means **Be Prepared!**
 - A WARNING means **Take Action!**

- Alerts you may receive include: Hurricane Watch & Warning, Tropical Storm Watch & Warning, Extreme Wind Warning, Storm Surge Watch & Warning, Flash Flood Watch & Warning, Flood Watch & Warning.



Learn emergency skills

- Learn First Aid and CPR.
- Be ready to live without power. Utilities may be offline. Be ready to live without power, gas and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power.



Gather emergency supplies

- Gather food, water and medicine. Stores and pharmacies might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit.
- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
 - Stay-at-Home Kit: at least two weeks of supplies.
 - Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
 - Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up). Consider keeping a list of your medications and dosages on a small card to carry with you.



Protect Your Home

Wind

- Secure or bring inside outdoor items, such as lawn furniture and trash cans, that could be picked up by high winds and hurt someone.
- Anchor objects that would be unsafe to bring inside, such as gas grills and propane tanks.
- Trim or remove trees close enough to fall on your home.
- Protect windows with permanent storm shutters or sheeting.



Protect Your Home

Flood

- Clean out drains, gutters and downspouts.
- Stockpile protective materials such as plastic sheeting and sandbags.
- Consider installing a sump pump with battery backup.
- Consider elevating the heating system, water heater and electric panel.
- Review insurance policies with your agency.

What to Do: During



If local authorities advise you to evacuate, go right away.

- Bring your Go-Kit.
- Follow evacuation routes and do not try to take shortcuts because they may be blocked.
- Check with local officials for shelter locations. Download the Red Cross Emergency App to find shelters near you.



Determine your best protection for high winds and flooding.

- Take shelter in a designated storm shelter or an interior room for high winds.
- Stay away from glass windows and doors.
- Move to higher ground before flooding begins.

**Never walk, swim, or drive through floodwater.
Remember, Turn Around! Don't Drown!**

What to Do: After



Stay Safe

- Wait for officials to say it is safe before going back home.
- Avoid damaged or fallen power lines, poles and downed wires. They can electrocute you.
- Do not touch floodwaters because they may contain sewage, bacteria and chemicals that can make you ill.
- If power is out, use flashlights or battery-powered lanterns to reduce fire risk.
- Be aware of carbon monoxide poisoning. Prevent carbon monoxide poisoning. Gasoline, propane, natural gas or charcoal-burning devices should never be used inside a home, basement, garage, tent or camper – or even outside near an open window. Carbon monoxide can't be seen or smelled, but it can kill you fast. If you start to feel sick, dizzy or weak, **get to fresh air right away – do not delay.**



Cleanup Safely

- Wear appropriate protective equipment including gloves, goggles and boots.
- Clean and disinfect everything that got wet.
- When cleaning heavy debris, work with a partner.
- Make sure that you have proper training before using equipment, such as chainsaws.
- Heart attacks are a leading cause of deaths after a hurricane. Be mindful of overworking.
- Cleaning up is a big job. Take breaks and take care of yourself.



Take Care of Yourself

- It's normal to have a lot of bad feelings, stress or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.



Stay Healthy

- **When in doubt, throw it out!** Throw out food that got wet or warm.
- Ask your healthcare provider or doctor about refrigerated medicines.
- Hurricanes and flooding can make drinking water unsafe. Monitor your local health department for information about drinking water safety.

Prepare so you can protect. | For more information, visit redcross.org/prepare | Download the Emergency App





MY DIABETES EMERGENCY PLAN

Prepare a portable, insulated and waterproof diabetes emergency kit that contains the following items:

- List of the following information:
 - *Type of diabetes*
 - *All of your medical conditions, allergies and prior surgeries*
 - *All medications (include pharmacy contact information, active prescription information and eligible refills)*
 - *Previous diabetes medications and reason for discontinuation*
 - *Contact information for all your health care professionals and for at least two emergency contacts*
- Letter from your diabetes healthcare professionals with most recent diabetes medication regimen (especially if taking insulin), health insurance card, living will, healthcare power of attorney, etc.
- Most recent laboratory results (especially A1C, kidney and liver tests)
- If possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
 - *Include insulin and a severe hypoglycemia emergency (e.g., glucagon) kit—if prescribed (always check expiration date)*
- Blood glucose testing supplies including, if possible, 2 glucose meters with extra batteries
- A cooler with room for 4 refreezable gel packs, insulin and unused injectable medications to be added when ready to go
 - *Note: Do not use dry ice and avoid freezing the medication*

- Empty plastic bottles or sharps containers for syringes, needles and lancets
- Source of carbohydrate to treat hypoglycemic reactions (for example, glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)
- A 2-day supply of nonperishable food (for example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)
- At least a 3-day supply of bottled water
- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems
- First aid supplies such as bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)

Other recommendations:

- Wear shoes and socks while awake and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition
- Make sure that all vaccinations, including tetanus, are up-to-date
- Pack extra comfortable clothing, including undergarments
- Take a mobile phone with an extra charger or extra batteries for you and family members
- Choose a designated meeting place in case you are separated from your family and/or significant others and are unable to reach them by phone

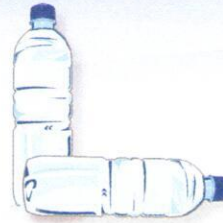
My Diabetes Emergency Plan is brought to you by the American College of Endocrinology and sponsored by Lilly Diabetes.



Lilly | DIABETES

www.mydiabetesemergencyplan.com

Emergency Kit Checklist



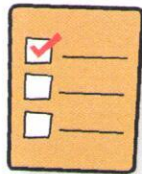
3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



ID cards, information: (Dr., meds, allergies), family / friends
contacts, toothbrush / toothpaste, blanket and washcloth



clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster.

It is a starting point, as individual needs vary depending upon circumstances.

For additional information, visit: www.Ready.gov