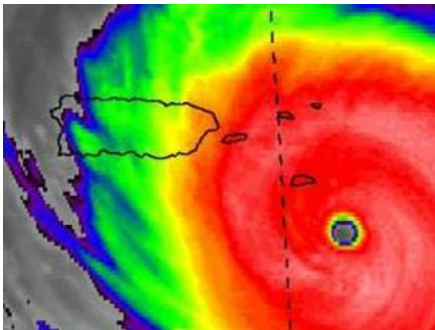


Prepare well for the hurricane season, especially during the pandemic



PREPARE



Recommendations

- Start preparing now or as soon as possible.
 - If needed, make a financial plan and buy what you need little by little to be prepared
 - Make sure to store drinking water, means to purify water, and non-perishable food.
 - Check and do what is needed to protect your home (e.g. roofs, windows, doors, storm shutters or boards, and secure loose items).
 - Make an individual and family plan in advance that includes safe spaces inside the house.
 - If your home cannot be made safe or if you live in a flood-prone zone, plan an alternative safe place (government shelter or family home).
 - Keep an emergency water resistant backpack. Include flashlights, radio, first aid kit, medications, whistles, drinking water, energy bars, masks, sanitizers, cash, DEET insect repellent, important documents, solar chargers, radio & lights.
 - Keep key items safe in waterproof bags/boxes.
 - Keep enough fuel to operate vehicles and/or electric generators.
 - Store inflammable items like hand sanitizer, alcohol, lighter fluid, propane, and fuel in their approved containers in a dry, well-ventilated area. Do not store more than 25 gallons of inflammables.
 - Keep a list of contacts for family, friends, neighbors, agencies and emergency resources (eg. your doctor, hospital nearby, fire department, police, rescue teams, community organizations, FEMA).
- 911- Emergency services; (787)-343-2330 (Firefighters); (787)-724-0100 Agencia Estatal para el Manejo de Emergencias y Desastres.**

Tips for water management and consumption

- Store the water you normally drink. Keep filters, and means to purify water without power (i.e portable gas-stove, chlorine).
- Bottled water is an alternative, but it is expensive, it is hard to store enough, and is not sustainable for the planet.
- Store enough water for frequent handwashing and cleaning.
- After a hurricane, avoid consuming raw-sewage water or from the river. As a last resort, drink the best water/beverage you can get, instead of risking dehydration.

Purify the best water you can access

- Tap water should be boiled for one minute, and cooled before consumption.
- Alternatively, put 2 drops of chlorine bleach (eg. regular Clorox) per liter water, let it rest for 30 minutes before use.
- Use Sodis method to purify water as a last resort. Get a clean clear plastic bottle. Fill it 3/4 with the accessible water and shake it to allow oxygenation. Put it on the roof of your house or outdoors. If it is sunny, wait 6 hours. If cloudy, wait 2 days

Tips for managing food

- Buy dry, canned and non-perishable food in advance. Store them in a way that will not get soaked from floods.
- After hurricane warnings, move food from the fridge to the freezer. Store the food very closely together as possible in the freezer.
- Fill plastic bags and bottles with water (around $\frac{3}{4}$ of capacity) and freeze them. In case of power loss, these will help your food last longer. Whatever space remains in the freezer, store ice or put water in any containers you have.
- After a hurricane or power loss, avoid food wastage by planning your meals, using perishables judiciously, and eating, freezing or donating unused food while it is fresh.

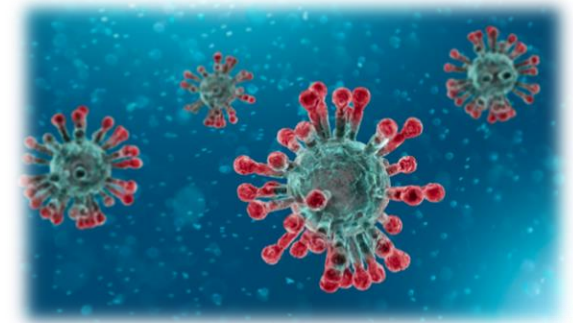


In the PREPARE study, 48% of the people who reported having prepared poorly, had a negative impact on health due to Hurricane Maria; only 29% who prepared well reported an impact. Most people did not prepare well.

Hence, the more you prepare, the less likely it is for hurricanes to have a less negative impact on your health. This is especially important during COVID-19 pandemic.

Additional recommendations related to COVID-19

- If you need to evacuate, this should be a priority over COVID-19 fears, but try to follow the preventive measures of COVID-19 (e.g. handwashing / sanitizing, distancing).
- Health and emergency services will be limited during the pandemic and after hurricanes. Prepare ahead of time by getting prescriptions and other medications, and any other medical devices you may need, and complete your COVID-19 vaccinations.
- Use face shields on top of masks during rain and storms. Change your mask after every use, or if it gets soiled or wet.
- If you don't have a mask, use a cloth to cover both your nose and mouth. **DO NOT** cover the mouth of children under 2 years of age or of someone with respiratory distress.
- If you feel overwhelmed or highly disturbed, seek help. **1-800-981-0023**






For more information, visit:

<https://www.cdc.gov/es/disasters/hurricanes/covid-19/prepare-for-hurricane.html>
<http://ccrhp.rcm.upr.edu/?q=water>
<http://ccrhp.rcm.upr.edu/sites/default/files/pdf/food-waste-eng.pdf>
<http://ccrhp.rcm.upr.edu/sites/default/files/pdf/vmoveprepare-bw.pdf>

You can find the telephonic numbers of various emergencies services here:
<https://pr.gov/Directorios/Pages/L%C3%ADneasdeAyudaparaEmergencias.aspx>



Checklist to **PREPARE** for the Hurricane Season

Food and Water Store supplies for 1 month	Health and Hygiene	Documents	General	Power Alternatives	Emergency Backpack
<ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of drinking water is needed per person per day¹ <input type="checkbox"/> Store drinking water and ice. Keep good filters or other means to purify water. <input type="checkbox"/> Make sure your filters are effective for microbes (eg. LifeStraw) and if possible, for chemicals also. (eg. Brita, Pur). <input type="checkbox"/> Store water for cleaning and hygiene in a spare bathtub or large plastic containers. <input type="checkbox"/> Low sodium, low sugar dry/canned/bottled food including, fruits and vegetables, beans, fish, etc. <input type="checkbox"/> Paper plates and cups <input type="checkbox"/> Manual can opener <input type="checkbox"/> Infant formula, milk, and/or baby food. <input type="checkbox"/> Food and water for pets <p>Tip: Boil water (at least for a minute) for consumption, particularly after a prolonged period of lacking water services.</p> <p>Tip: Alternatively, you can apply 1 or 2 drops of chlorine solution per 1 liter of water, and let it rest for 30 minutes.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Prescription medications <input type="checkbox"/> Non-prescription medications (i.e. pain reliever, anti-diarrheal, laxatives) <input type="checkbox"/> Face shield(s), masks <input type="checkbox"/> Disposable gloves <input type="checkbox"/> Insect repellent (DEET) <input type="checkbox"/> Moist towelettes <input type="checkbox"/> Paper towels <input type="checkbox"/> Soap and hand sanitizers <input type="checkbox"/> <i>Other personal hygiene products</i>: i.e. toothbrush and toothpaste, feminine care products, Diapers. <p>Include a <i>First Aid Kit</i>², that contains:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bandages, BandAid and bandaging tape <input type="checkbox"/> Alcohol solution and/or hydrogen peroxide for disinfection. <input type="checkbox"/> Vaseline <input type="checkbox"/> Triple antibiotic ointment <input type="checkbox"/> Thermometer <p>Tip: During a disaster amidst a pandemic, change and dispose your mask after every use or if it gets wet.</p> <p>Tip: Practice respiratory etiquette, even during times of disaster. Cough in the inner part of your elbow, and avoid sharing spaces and items if sick.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Important contact information for: family members, emergency departments, shelters, and schools. <input type="checkbox"/> Local maps, evacuation routes <input type="checkbox"/> Cash, credit cards <input type="checkbox"/> Copies of insurance policies, will, lease, deeds, etc. <input type="checkbox"/> Bank account records. <input type="checkbox"/> Copies of medical records and prescriptions <input type="checkbox"/> Vaccination records <input type="checkbox"/> ID, driver's license, passport or travel documents. <p>Tip: Keep these documents in a waterproof portfolio and keep copies with a family/friend who lives far.</p> <p>Tip: If you reside in flood-prone zone, it is recommended to keep important and valuable items in waterproof containers and at a higher level.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Hurricane shutters <input type="checkbox"/> Wooden boards to protect your glass windows or doors. <input type="checkbox"/> Rain gear (raincoat, rubber boots or boot covers) <input type="checkbox"/> Plastic covers <input type="checkbox"/> Sealing tape <input type="checkbox"/> Chlorine solution without additives <input type="checkbox"/> White vinegar to remove mold if needed <input type="checkbox"/> Portable insulated containers <input type="checkbox"/> Wrench, knife, pliers, screwdrivers, axe and other tools. <input type="checkbox"/> Life vest, if you are in a flood prone area. <input type="checkbox"/> Sandbags, mops. <input type="checkbox"/> Suction pumps to drain water from the house. <p>Tip: During a disaster amidst a pandemic, evacuation measures are priority.</p> <p>Tip: Wear sturdy footwear and sensible clothing.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Solar or battery powered lights, fans, phone chargers, and other gadgets. <input type="checkbox"/> Extra batteries <input type="checkbox"/> Fill your tank and keep spare gasoline. <input type="checkbox"/> Propane stove and gas cylinders. <input type="checkbox"/> Power banks <input type="checkbox"/> Extension cable cords <p>Tip: Do not use generators indoors and in places with poor ventilation.</p> <p>Tip: If you use an electric generator, <i>always</i> adhere to the manufacturer's instruction to avoid any injury.³</p> <p>Tip: Only a maximum of 25 gallons of flammable liquid (gasoline, propane, diesel, etc.) can be stored in a designated container. Flammable material should be stored in a place that complies with OSHA regulations.⁴</p>	<p>Prepare an emergency weatherproof backpack that includes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Masks, face shield <input type="checkbox"/> Drinking Water <input type="checkbox"/> Protein bars <input type="checkbox"/> Whistle <input type="checkbox"/> Important documents <input type="checkbox"/> Essential medications <input type="checkbox"/> Rain gear, life vest <input type="checkbox"/> Tools <input type="checkbox"/> Waterproof flashlight / head lamp <input type="checkbox"/> Solar phone charger, waterproof cover for phone <input type="checkbox"/> Solar/crank radio <p><i>Remember:</i> Prepare well to reduce stress and potential negative impact of disasters.</p>  

1. When using a container to store water, make sure to thoroughly clean and disinfect it. Do NOT use containers that were originally used to store chemicals (i.e. detergents, soap)
2. If you get a wound, wash the wound with water, stop the bleeding by applying pressure and/or use turmeric powder, use any triple antibiotic ointment and cover the wound with a bandage. Change the bandage daily
3. In case of an unexpected burn accident, remove any burning articles from the body and apply lukewarm or room temperature water in the area if the burn is superficial. Seek medical help if the damage is to deep or electrical.
4. For more information, please visit: https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_id=10673&p_table=STANDARDS