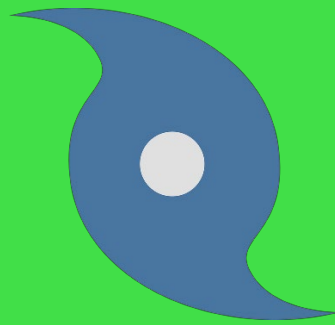


# TEEN PREP 101: Hurricanes

2019 Teen Hurricane Preparedness Toolkit

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FEMA



# What are Hurricanes?

- Hurricanes are among nature's most powerful and destructive weather events, affecting both coastal and inland areas.
- Hurricanes can produce heavy rains, strong winds, floods, and coastal storm surges.
- The intensity of a hurricane can be shown in levels called categories with 1 being the least intense and 5 being the worst.
- Hurricanes can be deadly and can cause catastrophic damage to property along coastlines and other places inland, so it is important to be prepared.



# How Can We Prepare?

Being prepared is key to staying safe in emergencies and it can help keep those around us safe. Preparedness reduces the amount of chaos and confusion that a hurricane could bring. There are key actions you, your family, and friends can take to be prepared for a hurricane and tropical weather.

## Preparedness Checklist

	<b>1. Follow National Hurricane Preparedness week in May with your friends and family.</b>
	<b>2. Create an emergency kit and prepare your home.</b>
	<b>3. Make an emergency/evacuation plan.</b>
	<b>4. Know terms needed to stay safe and share the message with others.</b>
	<b>5. Sign up for alerts and warnings to stay updated.</b>



# National Hurricane Preparedness Week:

National Hurricane Preparedness week is the perfect way to start prepping your family and community for the hurricane season. This usually takes place in May before the season starts on June 1<sup>st</sup>. The daily tips during this week will help you be better prepared for hurricanes and aware of its impacts.

The tasks for the National Hurricane Preparedness week are:

Day	Goal	Description
1	Identify the Risks in your Area	Find out what types of wind and water hazards could happen where you live if a hurricane were to hit.
2	Create an Evacuation Plan	If you live in a storm surge hurricane evacuation zone or if you're in a home that would be unsafe during a hurricane, write out where you'd go and how you'd get there if told to evacuate.
3	Create an Emergency Kit	Gather supplies to get through the storm and the potentially lengthy and unpleasant aftermath. (Ex. Flashlights, unperishable foods etc.)
4	Encourage adults to checking their insurance	Encourage people to ask for an insurance check-up to make sure they have enough homeowner's insurance to repair or even replace their home.
5	Prepare your home	If you plan to ride out the storm in your home, make sure it is in good repair. (Ex. proper plywood, steel or aluminum panels to board up the windows and doors.)
6	Help out a friend	Learn about the different actions you and your friends can take to prepare and recover from the hazards that come with hurricanes.



<b>7</b>	<b>Write a pre-hurricane plan</b>	Take the time to write down your hurricane plan. Include where you will ride out the storm and get your supplies
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## Build an Emergency Kit:

The next step you should take to prepare is creating an emergency kit. Having the right supplies and a plan are a crucial part of being prepared. Your emergency kit should include items that will allow you and your family to survive for several days in without electricity or running water. Here’s a simple checklist to guide you!

### Before the storm: Kit Checklist:

	Bottled water (enough to supply each person in your family 1 gallon a day for 3 days)
	Non-Perishable foods (enough for 3 days)
	Flashlight with extra batteries
	Cell phone with chargers
	NOAA Weather Radio (In case power goes out.)
	First Aid kit
	Medication (prescription and non-prescription)
	Extra Clothing and comfortable shoes
	Copies of important Documents
	Local Maps
	Manual can opener for canned food
	Fluorescent distress flag
	Emergency flares

## Other Ways to Stay Safe and Be Alert

- Free smart phone apps, such as those available from FEMA and the American Red Cross (For information about finding shelters, providing first aid, and seeking assistance for recovery.)
- Minimize travel during storm. If travel is necessary, keep an emergency kit in your vehicle with a weather radio.
- Bring pets/companion animals inside or with you if you choose to evacuate.





## Before the Storm: Protect your house

Hurricanes can be very damaging and can leave communities devastated for long periods of time if precautions are not taken. You can help reduce irreplaceable damage to property and homes by encouraging homeowners to take the steps below when preparing for a hurricane.

	<b>Board up the outside of your home (the doors, windows, walls, and roof) and removing or securing all objects and building structures that are not attached to a building.</b>
	<b>Waterproofing basements and elevating critical utilities (ex. electrical panels and heating systems) to reduce flood damage.</b>
	<b>In flood-prone areas, consider elevating the entire structure.</b>
	<b>Encourage adults to purchase flood and wind insurance to provide financial protection for the cost of repairs due to floods and intense winds.</b>





# Make an Emergency Plan:

Weather disasters can bring chaos to many lives, including yours. It's helpful that you have an action and communication plan with your family or friends in case you or your family needs help. Emergency plans help people know their roles and help them feel more confident in what they're supposed to do when under pressure. Here are some easy steps you could take to start your plan:

## Friend emergency communication:

	Make a list of people that you can count on to help in case of an emergency.
	Write down name, numbers, and address on paper (in case power goes out).
	Communicate with them that you are putting them as your emergency contact.
	Keep in safe place where it can be easily found.

## Family emergency communication plan:

	Create a copy of important family information (other family members information, family doctor, schools).
	Make sure family members carry it around in backpacks, purses or wallets.
	Set an emergency meeting place (you might not be together at the time of the disaster).
	Practice meeting at emergency spot and review plan.



## Evacuation Plan:

Hurricanes can create unsafe situations and cause serious injuries and deaths. If forecasters predict a powerful hurricane, local authorities will encourage evacuation a few days before. Evacuating your home can be hectic so it is helpful to have a plan. Here are some important things to keep in mind:

- Identify your 5 P's of Evacuation:
  - People (friends/family members)
  - Prescription (Necessary Medication)
  - Papers (Important Documents)
  - Personal Needs (Money, phone, etc.)
  - Priceless Items (Items that can't be replaced)
- Plan to leave early to avoid delays from traffic, long lines and early impacts from the storm.
- Use designated Evacuation Routes.

If you and your family/friends decide *not* to evacuate, you need to make sure that you are safe and take the right actions stay protected. You should start with:

	Stay indoors away from windows and glass doors.
	If you are in a mobile home or temporary structure, move to a sturdy building.
	For protection in extremely high winds, go to a small, interior, windowless room, such as a bathroom or closet, on the lowest level not likely to flood.
	Move to a location on higher ground before floodwaters prevent your ability to leave.

# Know the Terms:

It is just as important to be informed about the terms used during hurricanes as it is to be prepared. Not knowing what certain terms mean could leave you unprepared and unaware of danger for the incoming weather. Here are some common terms used during weather forecasts and what they mean:

- Tropical Cyclone- a rotating storm system with a center(eye) that has strong winds and heavy rain.
- Tropical Depression- Tropical cyclone with less than 39 mph winds.
- Tropical Storm- Tropical cyclone with 39-73 mph winds.
- Hurricane/Typhoon- Tropical cyclone with at least 74 mph winds.
- Eye- center of the storm and less intense winds but still very dangerous.
- Eyewall- Area where the highest winds and heaviest rain will occur, located around the eye.
- Storm Surge- Above normal tide levels due to high winds.
- Category-Hurricane intensity levels based on wind speed

Category	Wind Speeds	What to expect
Category 1	74-95 MPH	Winds will produce some damage.
Category 2	96-110 MPH	Winds will cause extensive damage.
Category 3	111-129 MPH	Devastating damage will occur.
Category 4	130-156 MPH	Catastrophic damage will occur.
Category 5	157+ MPH	Disastrous damage will occur.



## Encourage Others and Spread the Message

Now that you're ready and prepared to face hurricanes and tropical weather, you want to make sure your other friends, family, and social media followers know how to be safe as well.

Social media is a great way to spread message out fast and efficiently. Here are some tips on how to spread the message:

### Twitter

- Key message short and sweet.
- Easy to remember and catchy.
- Add a picture/short video or GIF.
- Tweet that you're prepared with the hashtag #HurricanePrep and #HurricaneStrong



### Instagram

- Aim for colorful and have key message in picture.
- Easy to remember and catchy.
- Add additional ways to get information in captions.
- Share the preparedness actions with your family and friends by posting your story.



### Facebook

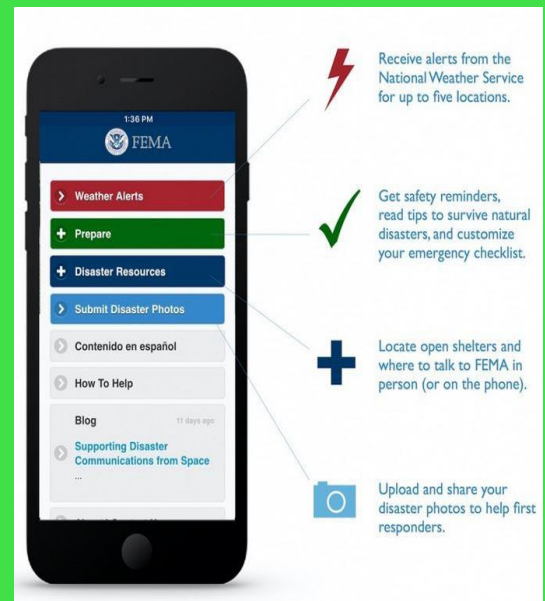
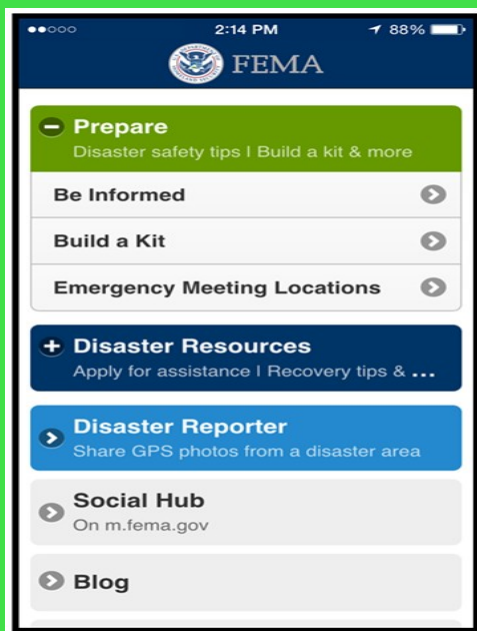
- More detailed Key Message.
- Have one thing that stands out and is easy to remember.
- Add a picture/short video or GIF.



# Sign Up for Alerts and Apps

To keep up and stay ahead of the weather, you should sign up for apps and look at websites that will give you accurate updates and tell you when to take action for the approaching storm. Some apps may even help to find shelter or tell you what action should be taken based on the condition. Some helpful apps and websites are:

- The FEMA Mobile App
- National Weather Service website
- American Red Cross Mobile app



# To Sum It All Up!

Hurricanes can be harmful and life threatening. However, you can stay safe and prevent that by

- Preparing early using the tasks during National Hurricane Preparedness Week.
- Creating an emergency kit and preparing your home to reduce damage
- Creating an emergency and evacuation plan in case you need to leave your city.
- Knowing Hurricane terms and understanding the intensity of the storm.
- Helping out others and share what people should do to be prepared on social media.

By taking these actions, you'll have a better chance of "weathering" any hurricane and tropical weather that comes your way this season. Stay safe and stay prepared this Hurricane season!



FEMA Region III

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FEMA Region III

**Resources:**

2018 FEMA Region III Hurricane

Toolkit

Youth Preparedness Council Logo and Family communication plan information

Ready.Gov

Hurricane terms

-NOAA. "Saffir-Simpson Hurricane Wind Scale." National Hurricane Center, National Oceanic and Atmospheric Administration, [www.nhc.noaa.gov/aboutsshws.php](http://www.nhc.noaa.gov/aboutsshws.php).

-Ostro, Stu. "Hurricane Season: Tropical Terms You Need to Know." The Weather Channel, Hurricane Central, 2 Aug. 2014, [weather.com/storms/hurricane/news/tropical-terms-hurricane-season-20140610](http://weather.com/storms/hurricane/news/tropical-terms-hurricane-season-20140610).

Pictures

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