

**HEALTH**  
WEEKEND EXCLUSIVE

# STORM'S COMING

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CLAY EISER/USA TODAY NETWORK; AND GETTY IMAGES

## THESE ARE THE THINGS YOU SHOULD PREP FOR EMERGENCIES

### Hurricane kit

Assemble this now. Put aside in a special box. Keep heat-sensitive items inside home and rotate stock throughout season:

- Flashlights and extra bulbs
- Clock (wind-up or battery-operated)
- Battery-operated radio
- NOAA emergency weather radio
- Extra batteries
- Toilet paper
- Matches (camping stores have waterproof matches)
- Scissors
- Plastic garbage bags
- Working fire extinguisher
- Clean change of clothes, rain gear, sturdy swamp boots
- Fully charged battery-operated lanterns. Don't use candles and kerosene lanterns. They are fire hazards.
- Map of the area
- List of phone numbers
- Copy of insurance policy

### Food supplies

Get enough nonperishable foods now to last two weeks. Then put them in a box and leave them alone. Note: Canned and other prepared foods that are salty or dry or high in fat or protein might make for good provisions, but they'll also make you thirsty.

- Water: Enough for 1 gallon of drinking water per person/per day, for one-week minimum. Water for two weeks is ideal. (Also, figure another 1 gallon per person/per day of water for washing hands, flushing toilets and for pets.)
- Ice or dry ice
- Shelf-stable milk and juice boxes
- Canned and powdered milk
- Beverages (powdered or canned, fruit juices, instant coffee, tea)
- Raw vegetables that don't need refrigeration (will last only a few days)
- Canned vegetables and fruits
- Dried fruits
- Prepared foods (canned soups, beef, spaghetti, tuna, chicken, ham, corned beef hash, packaged pudding)
- Snacks (crackers, cookies, hard candy, unsalted nuts)
- Snack spreads (peanut butter, cheese spreads, jelly)
- Cereals
- Sugar, salt, pepper
- Bread
- Dry and canned pet food

### Hardware

- Hand tools: hammer, screwdrivers to use now, shovel and pickax for after the storm
- Power screwdriver
- Quarter-inch machine screw sockets and screws
- Plastic sheeting to cover furniture
- Rope
- Sturdy working gloves
- Duct tape to waterproof items; masking tape isn't strong enough
- Canvas tarps
- Sturdy nails

### First-aid kit

Drugstores will be mobbed just before a storm and closed for days after. Keep a two-week supply of prescription drugs. Your first-aid kit should include:

- Medical supplies
- First-aid handbook
- Insect repellent sprays
- Citronella candles, insect bite lotion
- Petroleum jelly, for relieving itching
- Ointments for burns, cuts
- Antiseptic solution
- Sunscreen
- Extra over-the-counter medicine (for colds, allergies, cough)
- Aspirin, acetaminophen, antacid
- Children's medicines
- Diarrhea medication
- Feminine hygiene items
- Incontinence supplies
- Rubbing alcohol
- Iodine
- Disinfectant
- Wet wipes
- Moist towelette packets
- Medic Alert tags
- Thermometer
- Hypoallergenic adhesive tape
- Cotton-tipped swabs
- Sterile rolls
- Adhesive bandages
- Sterile gauze pads
- Roller bandages
- Tweezers
- Needles
- Adhesive tape
- Safety pins
- Latex gloves

### Kitchen supplies

- Waterless hand sanitizer
- Manual can opener
- Water purification tablets
- Bottle opener
- Matches in a plastic bag
- Pocket knife
- Camp stove or other cooking device and plenty of fuel. (Use only canned fuel indoors – never charcoal or gas. Buy extra gas or charcoal to use in well-ventilated spaces after the storm has passed.)
- Ice chests or coolers
- Paper plates, napkins
- Plastic cups, utensils
- Disposable pans for cooking
- Plastic bags, jugs or containers for water and ice

### Baby needs

- Disposable diapers
- Baby wipes
- Diaper-rash ointment
- Baby medicines
- Medicine dropper
- Extra formula, baby food

### Emergency toilet

- Garbage can with tight lid
- Plastic bags for liners
- Disinfectant or bleach
- Deodorizer
- Extra toilet paper

### Water tips

• **Basics:** Enough for 1 gallon of drinking water per person/per day, for one-week minimum (a two-person household would need 14 gallons). Figure another 1 gallon per person/per day of water for washing hands, flushing toilets and for pets.

• **Special needs:** Without air conditioning, the body is susceptible to heat stroke and dehydration. Have extra water for infants, youngsters, nursing mothers and the elderly.

• **Water in bulk:** You can buy 5- and 10-gallon water bottles, but they're hard to move. Or sanitize a large garbage can with lid to store drinking water.

Pour 1 cup of regular, unscented household bleach to 30 gallons of water; let stand overnight, drain and rinse well. Fill with tap water and replace lid. Buy a long-handled ladle; keep paper cups nearby. Freezing jugs of water also helps keep foods frozen and provides chilled drinking water.

• **For household use,** sanitize bathtub by scrubbing well, rinsing with 1 cup bleach in tub of water. Let stand overnight; drain; refill. Use for flushing toilet, but if necessary, for washing.

• **Keep water clean!** Contaminated water can cause diarrhea, leading to dehydration. If drinking water is compromised, use for washing up or flushing toilets. After a storm, do not use tap water for drinking unless you boil it for 3 minutes first or use purifying methods.

• **Wait until your utility** or local government says water is safe to drink.

### Ice tips

• **Freezing water jugs:** Buy 1-gallon containers of drinking water (2½ gallons, if your freezer will accommodate them), drain out about half a cup to leave room for expansion, seal tightly and freeze.

• **Keep jugs in freezer even after power goes out;** they last longer than in coolers. Once thawed, water is drinkable. Put into smaller bottles to carry, or use it from the larger jugs, but keep it clean and uncontaminated.

• **Buy block ice if possible** (from ice companies, boat supply stores, some groceries). It lasts up to three times as long as bagged, cubed ice.

• **Make your own blocks.** When a storm approaches, clean your freezer and fill it with stackable containers of water. Large mixing bowls or small buckets work. Freeze, and when frozen, transfer ice blocks to sealable bags.

• **Buy extra coolers.** Smaller areas are easier to chill. Once power goes out, and foods begin to thaw or warm, pack them, tightly, into the bottom of coolers, then top with ice.

• **Try the bathtub.** If not using for water, use for ice. Buy huge blocks and load tub. Cover with tarp. Or fill with cubed ice; cover with newspapers and heavy tarp, then layer of plastic to keep cold in. Use drainplug to save water for other uses.

• **Put foods under ice,** not above it.

