



Preparing for a Hurricane: Keeping Your Family Safe

Hurricane season starts on May 15 in the north Pacific and June 1 in the Atlantic and the Caribbean. It ends on November 30. Before hurricane season each year, make sure you and your family are prepared by planning ahead.

- Write down emergency phone numbers and keep them on the refrigerator or near every phone in your house. Program them into your cell phone too.
- Prepare an emergency supply kit.
- Locate the nearest shelter and different routes you can take to get there from your home. If shelter locations in your area have not been identified, learn how to find them in the event of a storm.
- Pet owners: Pre-identify shelters, a pet-friendly hotel, or an out-of-town friend or relative where you can take your pets in an evacuation. Local animal shelters may be able to offer advice on what to do with your pets if you are asked to evacuate your home.

Source: <https://www.cdc.gov/disasters/hurricanes/before>

Gather emergency supplies:

During and after a hurricane, you may need supplies to keep your family safe and healthy. Remember that a hurricane could cut off your power and water supply. You also may not be able to drive because of damage to your car. Roads may be flooded or blocked.

That's why it's best to be prepared—stock up on everything you might need now. Be sure to prepare the following:

- An emergency food and water supply.
- An emergency medicine supply.
- Emergency power sources such as flashlights (don't forget extra batteries).
- Safety and personal items.
- Important documents, including medical documents, wills, passports, and personal identification.
- A fire extinguisher. Make sure your family knows where to find it and how to use it! Read the National Fire Protection Association's tips for using fire extinguisher.



Access online resources:

Online tools and resources to help you better prepare your family for an emergency.

- Go to americanbehavioral.com and click Member Login
- Enter your company code