



## BEFORE THE START OF THE HURRICANE SEASON

- Formulate a **Family Plan**.
- Stock an **Emergency Kit**.
- Get **Food Supplies**.
- Keep a two week supply of prescriptions and special medications.
- Make sure at least one of your phones in your home doesn't require electricity (e.g. is not a cordless).
- Check flashlights are functioning and radio batteries. Have extra on hand. Check them every six months when you change your smoke detector batteries.
- Keep a supply of candles and matches for after the storm. **DON'T** use candles or flammable devices during the storm.
- Have a supply of sterno fuel or camping fuel.
- Have a manual can opener.
- If you have space, store extra plywood, lumber, nails and other materials to secure your home.
- Check fire extinguishers are fully charged or have a bucket of sand handy.
- If you have them check your generator and chainsaw are in operating order.
- If you have to evacuate learn the locations of the nearest official shelters.
- Learn safe routes to the official shelters.
- Keep trees and shrubs trimmed.
- Check the up-chain and bridle of your boat mooring annually.
- Practice your family plan to ensure it works.

## WHEN A STORM FIRST THREATENS

- Monitor the news on the local stations. Should they go off the air tune into the Government Emergency Broadcast Station on FM 100.1 mHz
- **DON'T** be misled by storm track predictions; strong winds could arrive hours before the estimated landfall.
- Review emergency plans with your family. Practice where to go in the house as the hurricane intensifies.
- Residents living in low-lying areas, close to the water, make prior arrangements to move to another location or higher ground in case of an evacuation.

- If you plan to leave your house, start packing.
- Limit traveling to necessary trips. **DON'T** go far from home or your safe place.
- Fill up the fuel tank of your car or bike. Make sure you have a spare tire; buy aerosol kits that fix and inflate flats.
- **DON'T** fill gasoline cans; they are a fire hazard. -- Check battery, water, and oil.
- Charge rechargeable cellular phones, drills, flashlights, lanterns, batteries.
- Get cash.
- Get a two week supply of prescription drugs
- Secure your boat by adding an extra bridle or if possible remove it from the water to a secure location.

## WHEN A WATCH OR WARNING IS ISSUED

- Continue to monitor the news on the local stations. If the local stations go off the air tune into the Government Emergency Broadcast Station on FM 100.1 mHz
- Get shutters, siding or plywood in place on windows. If you have not prefitted plywood use masonry nails.
- Move vehicles out of flood-prone areas and away from trees. Park in garage or close to homes or buildings.
- Secure bikes indoors or in a safe place.
- Move garbage cans, grills, patio furniture and potted plants into house or garage.
- Clear yard of loose objects. If you want to do any last-minute pruning, you must take the clippings inside; trash pickup will have been suspended and you'll be creating a nice pile of missiles.
- Remove awnings and tarps.
- Tie down anything you can't bring in.
- Prepare your pool. Add extra chlorine to the water to prevent contamination.
- Turn off pool circulation pump and any other electrical apparatus.
- Submerge aluminum and plastic lawn furniture in the pool.
- Secure TV antenna or Satellite dish.
- Secure anything inside your home that can be thrown around by the wind should a window break. Tape or tie cabinets. Remove items from window sills, counter and table tops. Close closet doors.



- Turn off your gas cylinders.
- Plug downpipes on the roof to prevent salt water contamination.
- Check on neighbors, especially the elderly and infirmed.

## WHEN THE STORM IS HOURS AWAY

Keep in touch with the news on the local stations. Should they go off the air tune into the Government Emergency Broadcast Station on FM 100.1 mHz

It is now too late to do many things outside but there is still time to:

- Fill your tub and bottles with water.
- Prepare food and water according to suggestion provided in this guide.
- Secure and brace external doors, especially double doors.
- Move as much of your contents as possible off the floor to limit flood damage.
- Store valuables & personal papers (e.g. Insurance, medical records, passports etc.), in a waterproof container on the on the highest level of your home.
- Unplug small appliances
- Move furniture away from windows or cover with plastic.
- Continue to listen to radio and television for instructions.
- Stay off the roads. It's too late to get supplies, and you'll be competing with people trying to get home.
- Set refrigerator to highest setting to ensure food keeps if the power goes off.
- Stay inside. Conditions will deteriorate rapidly, sometimes hours before landfall and often at night.
- Secure pets indoors or in protected locations elsewhere.
- **DON'T** attempt to check your boat once the winds have strengthened or the seas become too rough.

## DURING THE STORM

Stay tuned to the news on the local stations. Should they go off the air tune into the Government Emergency Broadcast Station on FM 100.1 mHz.

### Follow instructions if ordered to evacuate

- Stay inside
- Stay away from windows and doors.

- **DON'T** use telephone or electrical appliances.
- Close all windows and **DON'T** tape them - contrary to popular beliefs, the idea is to keep out wind and water, and to avoid the danger from larger pieces of glass.
- If storm becomes intense, retreat to designated interior hurricane safe room.
- If you fear your house will come down around you, get into a bathtub and place a mattress over you.
- If the power goes out leave a light switched on, so you will know when power is restored.

## If an Evacuation is Necessary

- If officials order an evacuation, leave as soon as possible
- If time permits, secure your home
- Unplug appliances
- Turn off electricity and the main water valve
- Turn off external gas cylinders/gas main
- Elevate furniture to protect it from flooding or move it to a higher floor
- Take your pre-assembled emergency supplies and warm protective clothing
- Avoid flooded roads and washed out bridges

## AFTER THE STORM

- Stay tuned to the news on either the local stations or the Government Emergency Broadcast Station on FM 100.1 mHz
- **DON'T** leave your home or shelter until emergency officials (EMO) tell you it's safe. You may only be in the eye, with half the storm - sometimes the stronger half - still to come.
- If you're not at home, **DON'T** return until you get the all-clear. Roads may be blocked by debris. Wait to learn from broadcast reports or shelter officials which roads are passable.
- Stay out of the way of Rescue workers. **DON'T** hinder their efforts.
- **DON'T** sightsee. Keep the roads clear for emergency vehicles.
- Driving will be treacherous. Roads may be filled with debris and downed power



lines. If your neighborhood floods during the storm, listen to the radio for instructions. Rising water may require you to leave even after the storm has passed.

- Watch and listen for reports of storm-spawned tornadoes.
- **DON'T** call police, emergency unless you have a life-threatening emergency.
- Report downed power lines and power outages to utility officials at 955
- **DON'T** touch power lines. Watch for downed lines. Assume all lines are live unless told otherwise.
- If you have lost your electricity open the refrigerator/freezer doors sparingly.
- Watch your step. The area will be covered with broken glass and other debris. If damaged your home, your porch or tree limbs may be weakened and could give way.
- Use your cell phones sparingly; they may be your only working phones. Battery life is limited. If you must call loved ones to let them know you're all right, be brief to free lines for others.
- If the electrical wiring in your house is damaged, turn off the electricity at the mains.
- Make a list of damage to your house, contents car or boat. At the earliest opportunity report any damage to your insurance company so that they can assist you in restoring the loss
- Check on neighbors, especially the elderly and infirmed
- Sterilize or boil your drinking water (see the Water section below for details)
- Check for gas leaks. If you smell gas or hear a blowing or hissing noise, quickly leave the building and leave the doors open. If you have not already done so turn off external gas cylinders/gas main. Call the gas company, Police or the fire Service

## FIRST AID KIT

- Gauze, 2" x 2", Triangle Bandage, Elastic Bandage 4", Elastic Bandage 2"
- Vaseline, Savlon Cream, Hydrogen Peroxide, Dermoplast / Bactine
- Tweezers, Instant Cold Pack, Ipecac Syrup, Eye Wash / Drops
- Eye Pads 2", Band Aids, Dressing, Strip, Aspirin or ibuprofen
- Absorbent Cotton, Scissors, Disposable Gloves, Adhesive Tape,

- First Aid book", Smelling Salts, "Q" Tips, Thermometer, Swabs,
- Absorbent Lint, Mercurochrome, Air Way Tube, Alcohol, Iodine
- Small Trash bags, Safety Pins, "Mosquito repellent"

## FAMILY PLAN

- Discuss the type of hazards that could affect your family. How vulnerable is your home to storm surge, flooding and wind.
- Designate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community. Learn the location of the closest official shelters.
- Establish escape routes from your home and places to meet.
- Have a single point of contact for all your family members.
- Make a plan now for what to do with your Pets if you need to evacuate.
- Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- Check your insurance policies for wind, flood and rain coverages.
- Stock non-perishable Foods and an Emergency Kit.
- Have an FM radio tuned to 100.1 MHz. Remember to replace its battery every 6 months, as you do with your smoke detectors.
- Make sure everyone knows the location of electrical, water and gas shut-offs as well as how and when to shut them off."
- Practice your family plan to ensure it works
- Take First Aid and CPR classes.

## EMERGENCY KIT

- Flashlights, extra bulbs & batteries
- Battery-operated FM radio & batteries
- Battery-operated lanterns, extra bulbs & batteries or propane lantern
- First Aid Kit, Candles & matches
- Ice Chest
- Sterno, Propane or similar cooking unit

# Hurricane Preparedness List



**BF&M**

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- Clock (wind-up or battery-operated)
- Plastic garbage bags
- Working fire extinguishers or bucket of sand
- Scissors, manual can opener.
- Waterproof containers for important paperwork.
- Cash
- Toilet paper
- An inexpensive rabbit-ears television antenna to use if cable goes out
- List of emergency phone numbers
- Diapers, baby wipes,
- Pet supplies, food, water, kitty litter, medications

## HARDWARE

- Hand tools - hammer, screwdrivers, saw
- 4 x 8 foot sheets of plywood 5/8" to 1/2". Ask for exterior plywood.
- Plastic sheeting and Canvas tarps
- Rope, Screws, Nails.
- Duct tape to water proofing items. Masking tape isn't strong enough
- Sturdy working gloves, Bucket

## FOOD SUPPLIES

- Bottled water (one gallon per day per person)
- Ice
- Shelf-package juice and milk boxes
- Canned and powdered milk (you'll need extra water)
- Beverages (powdered or canned, fruit juices, instant coffee, tea)
- Prepared foods (canned soups, beef, spaghetti, tuna, chicken, ham, corned beef hash, fruit cocktail, packaged pudding)
- Canned vegetables and fruits
- Dried fruits

- Snacks (crackers, cookies, hard candy, nuts)
- Snack spreads (peanut butter, cheese spreads, jelly)
- Cereals
- Raw vegetables
- Sugar, salt, pepper
- Bread
- Dry and canned pet food
- Extra formula, baby food

## EMERGENCY SHELTERS

- **Cedarbridge Academy Gymnasium**, 1 Cedarbridge Lane, Prospect, Devonshire.
- **Berkeley Institute Gymnasium**, Berkeley Hill Road, Pembroke.

## EMERGENCY NUMBERS

- Police, Fire, Ambulance, Marine Rescue **911**
- EMO **295-0011**
- Bermuda Maritime Radio **297-1010**
- Works & Engineering **295-5151**
- Belco for electrical power outages **955**
- BTC for telephone repairs **295-1001** or **611**
- Bermuda Weather **977**

## WATER PURIFICATION

*If you are using water from your tank and you think it is contaminated disinfect it with 5.24% sodium hypochlorite (household chlorine bleach). If there are other active ingredients in your household bleach do not use it.*

Use the following proportions:

<b>Quantity</b>	<b>Water is clear</b>	<b>Water is cloudy</b>
5 gallons	¼ teaspoon	½ teaspoon
10 gallons	½ teaspoon	1 teaspoon
20 gallons	1 teaspoon	2 teaspoons

**Count on BF&M 24/7 on 295-5566 or email [bfm@bfm.bm](mailto:bfm@bfm.bm) with any questions about hurricane preparedness or your insurance coverage.**