

Are You Prepared for Severe Storms?



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Thunderstorms, hurricanes, tornadoes, and nor'easters often lead to power outages and flooding as well as damage to trees and physical property. Communications, food, water and gasoline could be in limited supply. What can you do to be better prepared?

Did you know?

- FEMA has a great app that you can use to set up weather alerts for more than one geographic area. It is available for iPhone and Android.
- It is important to review your insurance coverage each year to make sure that you are fully protected.
- During a power outage, texting is the best way to share vital information. With many people trying to connect at once, communication systems can be overloaded. Text messages are the easiest to get through and will also conserve your phone's battery.
- A detailed home inventory with photos of your possessions can be helpful to document ownership. If your insured valuables need to be replaced you can use this documentation to file a claim.
- A photo of you with your pet is a great way to prove ownership, in the event you are separated.
- Commercial mayonnaise (an acidic food because it contains vinegar) can be unrefrigerated for up to 8 hours or more. However, other risky foods should be tossed if the temperature goes above 41°F for more than two hours. Some examples are raw or cooked meat/poultry/seafood, soft cheeses, cooked vegetables and eggs.
- It is a good idea to review your emergency kits every 6 months. Check to see that your kits are complete and food and water supplies are fresh. Replace items as necessary.
- Organizing the inside of your home will make it easier should you lose power. Wash, dry and put clothing away, wash dishes, clean counters and floors and remove garbage. Clear pathways to prevent tripping in the dark. Remove items outside your home that could float or blow away.
- Collect emergency kit items such as a fire extinguisher, NOAA Weather Radio with tone alert, first aid kits, sleeping bags and flashlights. These are great gift ideas for newlyweds or new home owners!

Storm Preparedness

Your Basic Home Emergency Kit

What items should you have readily available to help you and your family deal with a severe storm? Use this basic emergency supplies list to get started and check what you have ready.

- Water: one gallon per person (and pet) per day for at least 3 days, for drinking and sanitation
- Food: at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio or a NOAA Weather Radio with tone alert and extra batteries
- Mobile phone charger, flashlight and extra batteries, battery-operated candles
- First aid kit
- Whistle to signal for help
- Pet food, extra water, medications if needed, leash and harness, pet identification tag or chip number, litter and crate
- Unique family needs, such as prescriptions, glasses, daily medical supplies and equipment, infant care items, mosquito repellent, personal hygiene items and feminine supplies
- Moist towelettes, hand sanitizer, toilet paper, garbage bags and ties for personal sanitation and soap/body wash
- Plastic wrench or plastic pliers to turn off utilities
- Manual can opener, if kit contains canned food
- Local maps
- Cash and change
- Important documents such as insurance policies, health records, identification and bank account records in a waterproof, portable container
- Paper plates and cups, disposable utensils, paper towels
- Paper and pencils/pens/crayons
- Books, games, puzzles, toys and playing cards
- Fire extinguisher, gasoline for generator, charcoal/gas for outdoor cooking, firewood/matches/lighter

Be prepared for at least three days – a kit with a week’s worth of supplies would be even better. Consider your family’s unique needs. Keep a full kit at home. Think about making another smaller, portable kit in your workplace, vehicle, or another place you often spend time.

Visit <https://eden.uconn.edu/> for more information about storm preparedness

Sources:

Emergency Supply List, FEMA, May 2014

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