

## Key Terms

**Tropical Depression:** An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 MPH or less.

**Tropical Storm:** An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39-73 MPH.

**Hurricane:** An intense tropical weather system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 74 MPH or higher.

**Storm Surge:** A dome of water pushed onshore by hurricane and tropical storm winds. Storm surges can reach 25 feet high and be 50-100 miles wide. The greatest potential for loss of life associated with hurricanes is from storm surge.

**Wind:** Even minimal hurricane force winds will impact an area many miles from where the storm makes landfall. Winds associated with hurricanes can destroy homes, trees and power lines. Flying debris—including signs, roofing material and unsecured objects—can become flying missiles.

**Flooding:** Most coastal damage from hurricanes is the result of flooding caused by giant waves driven by the hurricane winds. If you are caught in your house by the suddenly rising flood waters, move to the second floor or to the roof and wait for help.

## Watches and Warnings

**Hurricane/Tropical Storm Watch:** Hurricane or tropical storm conditions are possible in the specified area, usually within 48 hours.

**Hurricane/Tropical Storm Warning:** Hurricane or tropical storm conditions are expected in the specified area, usually within the next 36 hours.

## Important Phone Numbers:

- ☑ Police / Fire / EMS: 911
- ☑ LIPA: (800) 490-0075
- ☑ Con Edison: (800) 752-6633
- ☑ FEMA: (800) 480-2520

## For More Information

### Be Ready Campaign:

[www.ready.gov](http://www.ready.gov)

### New York City Department of Health:

[www.nyc.gov/health](http://www.nyc.gov/health)

### Nassau County Department of Health:

[www.nassaucountyny.gov](http://www.nassaucountyny.gov)

### Suffolk County Department of Health:

[www.co.suffolk.ny.us](http://www.co.suffolk.ny.us)

### Federal Emergency Management Agency:

[www.fema.gov](http://www.fema.gov)

### National Weather Service:

[www.nws.noaa.gov](http://www.nws.noaa.gov)

### North Shore-LIJ Health System:

[www.northshorelij.com](http://www.northshorelij.com)

## North Shore-LIJ Emergency Management

Want to learn more? Schedule a free, onsite Employee Preparedness Class at your location.

Contact us at (516) 719-5100 or [EmergencyManagement@nshs.edu](mailto:EmergencyManagement@nshs.edu) for details.



# Hurricane and Emergency Preparedness Checklist

Brought to you by the North Shore-LIJ  
Emergency Management Team

# Hurricane and Emergency Preparedness Checklist

If a hurricane hit our area today, would you be prepared? Hurricanes often cause outages to basic services like water, gas, electricity, telephone and Internet, and can result in evacuation or prolonged confinement to your home.

Families can and do cope with disasters, such as major hurricanes, by preparing in advance and working together as a team. Follow the steps in this brochure to create your family's own disaster plan, and be prepared when disaster strikes.

Knowing what to do in advance is your best protection.

## Planning

**To adequately prepare for the effects of a hurricane, fire, flood, winter storm or chemical emergency, the following planning steps should be taken by you and your family:**

- ☑ Create a written family plan and establish a family meeting place should you become separated (include in your plan required information from community and school plans).
- ☑ Develop a family communication plan, including cell phone numbers and other contact information.
- ☑ Identify a friend's house, relative's house or hotel/motel in a safe area where you can stay if ordered to evacuate; shelters should be used as a last resort.
- ☑ Collect and assemble a readily available GO! Kit containing disaster supplies and other important items (see right panel for details).
- ☑ Learn where to seek shelter from all types of hazards.
- ☑ Identify community warning systems and evacuation routes.
- ☑ Inventory, document and photograph items in your residence.

## Home Evacuation

In certain emergency situations, you may be required to evacuate your home. If evacuating, be sure to:

- ☑ Tune in to local radio or television for instructions.
- ☑ Shut off water, gas and electricity prior to leaving.
- ☑ Leave a note behind telling family members when you left, where you went and how to reach you.
- ☑ Place plastic bags over TVs, computers and other electronics.
- ☑ Follow the routes specified by emergency personnel.
- ☑ Take pets with you or make arrangements for the boarding of your pets.
- ☑ Fill your vehicle's gas tank and check oil and tires prior to evacuating.
- ☑ Take disaster supplies (GO! Kit) with you.



**Ready. Set. GO!**

**North Shore-LIJ's Emergency Management team is committed to ensuring all employees and their families are prepared for an emergency.**

**Having an emergency kit is critical to keeping you and your family safe in uncertain times when you least expect to be without necessities such as food, water and electricity.**

## Prepare Your 'GO! Kit' Today!

**Recommended items to include in a basic supply kit:**

- ☑ Water (1 gallon per person per day for at least 3 days)
- ☑ 3-day supply of non-perishable foods, such as bars and canned goods
- ☑ Flashlight and extra batteries
- ☑ First aid kit
- ☑ Prescription medications/glasses
- ☑ Chargers for cell phone and computer
- ☑ Cash or traveler's checks
- ☑ Copies of personal identification (e.g., license, social security card, birth certificate)—suggest this be stored on a flash drive in a waterproof container

## Other important items:

- ☑ Can opener
- ☑ Hand hygiene gel (e.g., Purell)
- ☑ Whistle to signal for help
- ☑ Dust mask to filter contaminated air
- ☑ Plastic sheeting and duct tape to shelter in-place
- ☑ Moist towelettes, garbage bags and plastic ties for personal sanitation/personal hygiene
- ☑ Wrench or pliers to turn off utilities
- ☑ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both