



## HURRICANE PREPAREDNESS: THE TIME IS NOW.



### Be Ready

June 1st-November 30th

Hurricane season is here and the time to prepare is NOW!

This August 29th marks the 10th anniversary of the floods and evacuations following Hurricane Katrina, and we are reminded that a high number of flood-related deaths were due to illness, disability, and insufficient transportation.

During this long, hot summer, NOMC&AF team members are working hard to ensure the safety of our most high-risk clients by making home visits.



*NOMAF Community Health Workers Dr. Maria Frank and Ms. Frieda Brown on their way to make client home visits.*

# 30 DAY WATER CHALLENGE!



**Extreme heat** conditions are prevalent during the New Orleans summer. The NOMC urges you to stay cool, stay hydrated, and stay informed. Beat the summer heat with **NOMAF's 30 day Water Challenge!**

**Begins August 1st.**

**Sign up [HERE!](#)**

Join our Water Challenge **Facebook Group** to participate and stay motivated!

*For more information **click here** or email **office@nomaf.org** or call **504-415-3514**.*

Thanks to combined support from NOMAF donors, The Greater New Orleans Health Outreach Program, **The Barman's Fund** and **Infinite Hero**, the NOMAF community health team is educating and connecting disaster-prone communities to the primary health services at the NOMC. This summer, we are visiting at-risk, veteran, and elderly clients assessing specific needs through at-home visits and providing them with Hurricane Preparedness Packs that include pill boxes, first aid kits, sunscreen, cooling packs, water bottles and more.

## Emergency Preparation Resources

**NOLA Ready**, the City of New Orleans' hurricane preparedness campaign, has useful information, support and emergency updates.



**Evacuteer** provides evacuation services at pick-up spots around the city to those who are in need of transportation assistance.



## Hurricane Katrina and PTSD

As we approach the 10th anniversary, please keep in mind that retrospectives can also trigger symptoms of mental distress.

Did you know that **PTSD**, or Post-Traumatic Stress Disorder, can emerge several years after a traumatic event? If you or someone you know is experiencing vivid flashbacks, feelings of hopelessness, or thoughts of suicide, please contact the national suicide prevention lifeline at **1-800-273-TALK**. There is hope.

### **New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF)**

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