



HURRICANE SEASON

NEW ORLEANS
MUSICIANS' CLINIC
& ASSISTANCE FOUNDATION

It's that time of the year again: the long, hot summer with our annual Hurricane Season (June 1st - November 30th).

Now is the best time to get prepared. Protect yourself, your loved ones and your property from dangerous tropical weather with our Hurricane Safety tips!



HURRICANE SEASON SAFETY TIPS

MAKE AN EMERGENCY PLAN

Know evacuation routes, shelters, destinations.
Let loved ones know your plan in advance.



STOCK SUPPLIES AT HOME

Water, batteries, first aid kit, flashlights,
3 days - 1 week worth of food



PACK AN EVACUATION GO BAG

Clothes, ID, money, important documents
and necessities



FLOOD PROOF YOUR BELONGINGS & HOME

Prop up furniture, store valuables and important
documents in waterproof containers at high levels

HAVE SUPPLIES & MEDICATIONS ON HAND

Prepare for 30+ days. Know your Rx, update your info in the LSUHN Patient Portal in advance.



REGISTER SPECIAL NEEDS

Register if you need assistance evacuating during an emergency online or call 311 today.

FOLLOW EMERGENCY INSTRUCTIONS

Follow instructions regarding evacuation or other emergency protocols. Check radio, TV or other media, or sign up for emergency alerts.



BE READY

PROTECTING YOUR INSTRUMENTS

Heat, humidity and flooding can ruin your instruments or Mardi Gras Indian suits. Take steps to protect these precious items.

- If you are able, **take** instruments, suits, etc with you in proper cases.
- Store valuables in **heavy duty, weatherproof containers** at the highest level of your home.
- Try to **keep an inventory** of your belongings (w/ photos) in case you need to file a claim for damages.



Donate to the Louisiana Musicians' Disaster Relief Fund

ATTENTION NOMC PATIENTS

Update your contact info now in the LSUHN Patient Portal for access to your online medical records and more

[Patient Portal](#)



Musicians Clinic' Heads to PAMA Symposium with Focus on Suicide Prevention



Expanding on the work of NOMAF's [YOU GOT THIS](#) Mental Health Initiative, the Musicians' Clinic Co-Founding Director, Bethany Bultman, will lead a panel discussion focused on suicide prevention and mental health wellbeing for artists at the upcoming [Performing Arts Medicine Association \(PAMA\) Annual Symposium in California](#) on July 1, 2018.

The *You Got This* panel will feature [Dr. Mark Seton](#), [Dr. Patrick Gannon](#) and

musician [James Blake](#). The goal of the panel and the larger initiative is reduce the prevalence of suicide among our valued creative artists by partnering with local and national mental health advocates to provide access to trusted self-care resources that are confidential, supportive and clinically effective.

[*See how you can feel your best and remember, YOU GOT THIS !*](#)

5TH ANNUAL

SAVE THE DATE!

TROPICAL BLOOD DRIVE

SUNDAY, AUGUST 19TH



501 NAPOLEON AVE.



Learn More

DONATE

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Keep In Touch!

