

NOMC's 2020 HURRICANE GAME PLAN DURING THE PANDEMIC



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Megan McStravick, MA has been NOMC's dedicated Social Services Intake Coordinator since 2009. A native of Philadelphia, she first came to New Orleans as an undergraduate as part of a class on "The History and Culture of New Orleans." She was so inspired by the vibrant culture, music, history and resiliency, that she relocated here permanently weeks later to enroll in Tulane University School of Social Work's master's program.

Even before hurricane season began in June, we were getting calls from our NOMC patients asking us how they should prepare during this pandemic. The Department of Health has projected that Louisiana could be combating the coronavirus until the end of 2020 (hurricane season ends November 30). Governor John Bel Edwards has warned us that the coronavirus will change the way the state will respond to severe weather – smaller shelters, social distancing, more medical front-liners in the shelters. **Sheltering in place may be the best option for many.**

MAKE STORM PREP A FAMILY/FRIEND/NEIGHBORHOOD ACTIVITY

Make your 2020 hurricane plan. Communicate it to friends, family, co-workers and neighbors. Talk to those who are not a part of your household and make a plan before a storm is looming. Let your kids prepare their own "go bag" with favorite toys, stuffed animals, books, games, etc.



PREPARE YOUR CAR FOR EVACUATION

- Clean your car
- Fill your gas tank
- Check your car's oil
- Have working windshield wipers with maximum amount of fluid
- Keep an empty gas can in your car
- Be sure your spare tire is functional
- Have working jumper cables
- Keep wipes, toilet paper and/or paper towels available for rest stops
- Travel with bottled water



PREPARE YOUR HOME FOR A HURRICANE

TIP: DON'T PLAN TO RELY ON YOUR SMARTPHONE DURING A HURRICANE.

Have the items below in your home in case you must shelter in place during a hurricane:

- Extra batteries (*be sure they are fresh*)
- Flashlight and head lamp
- Battery-powered radio
- Candles (*a Pyrex measuring cup is a great holder because it's not flammable and has a handle*)
- Matches
- Battery operated fans
- Solar/battery-powered lamps and lanterns
- Electronic devices and back-up chargers (*solar-powered chargers are great too*)
- Utility knife, shut off wrench, and pliers
- Duct Tape
- Compass
- Paper and pencils
- Non-electric can opener
- Plastic sheeting
- Rubber boots for every member of your household
- Plastic garbage bag and ties
- Ziploc bags
- Pair of Walkie-Talkies with batteries
- Mosquito repellent



PROTECT YOUR INSTRUMENTS

Heat, humidity and flooding can ruin your instruments or Mardi Gras Indian suits. Take steps to protect those 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 (with photos) in case you need to file a claim for damages.



GENERATOR CARE

Test your generator before you need it. Be sure you have enough gas to run it for 7 days.



HEALTH CARE, PERSONAL AND HYGIENE SUPPLIES TO HAVE ON HAND

- A supply of rubber gloves, masks, hand sanitizer, antibacterial wipes, first aid kit
- Essential medications, prescription medications and list of medications for each person
- Special items for infants, and elderly or disabled family members
- Toilet paper and baby wipes
- Extra pair of glasses and sunglasses
- Liquid soap
- Feminine hygiene supplies
- Protective clothing, rainwear and rubber boots
- Changes of clothes and footwear (*not flip flops*)
- An air mattress, bedding, sleeping bag or bedroll and pillow for each household member
- One towel per person and plastic bag to keep it in



COOKING/FOOD PREPAREDNESS TIPS

Use this stay at home time to **bake healthy muffins and individual bread loaves and freeze them** for future use when there is a power outage.

Hibachis, BBQ pits or camp stoves are invaluable if you are without electricity for anything from several hours to weeks. Store charcoal in a waterproof plastic bin. Keep matches and lighters in separate plastic containers. If your BBQ or camp stove uses propane, make sure the propane tank is full and that you have a spare tank.



Freeze water in large milk cartons, they stay cold longer than ice and will keep your fridge cooler than in your ice chest.

Have items such as canned food and meats, fruits and vegetables, high-protein foods (peanut butter), a non-electric can opener, and bottled water (at least 3 gallons of water per person) on hand.

ORGANIZE IMPORTANT DOCUMENTS

Store important documents in a water tight container such as a Ziploc bag. If you are having trouble organizing your important documents, ask a family member or friend to help you collect, scan and print all of these documents.

Gather and protect important documents such as:

- Driver's license or personal identification
- List of your medications and dosages and what you are taking each medication for
- Insurance policies
- Social Security and Health Insurance cards
- Proof of residence (*deed or lease*)
- Birth and marriage certificates
- Wills, deeds, and copies of recent tax returns
- Stocks, bonds and other negotiable certificates
- Contact phone numbers and addresses for friends and family
- Names of your medical providers, their phone numbers and addresses
- Bank account numbers and passwords to all online accounts
- Written instructions on how to turn off electricity, gas and water if authorities advise you to do so. (*BE AWARE: you'll need a professional to turn them back on.*)



TIP: Put cash in a Ziploc baggie. When cell phones, ATMs and credit card readers are down cash is still accepted and vital.

SECURE/PREPARE YOUR HOME BEFORE YOU EVACUATE



Do home inventory with pictures (*store on cloud*) and lists of items printed for to go box



Get rid of all food trash before the storm hits to prevent pests and rodents



Close all windows, shutters and doors securely and have safe access to all home exits



Empty your freezer and fridge, turn it off (or unplug) and prop the doors open



Clear porches, balconies or patios completely and clear yard of any potential flying objects



Close toilet lids and close or cover all drains; if possible, pour a touch of bleach in all of them

CONNECT TO RESOURCES

ATTENTION NOMC PATIENTS

Update your contact info now in the [LSUHN Patient Portal](#) for access to your online medical records and more.

VISIT NEWORLEANSMUSICIANSCLINIC.ORG FOR MORE INFO

Ensure you have access to your medical records and medical providers. Download the app “[followmyhealth](#)” and the link to access patient portal at <https://lsudocs.followmyhealth.com/Login/Home/Index?authproviders=0&returnArea=PatientAccess#!/default>

For more information:

Ready.nola.gov

Getagameplan.org

Louisiana Emergency Preparedness Guide

http://gohsep.la.gov/Portals/0/Documents/Prevent/2016EmergencyGuide_English.pdf

Text COVIDNOLA to 888-7777 to receive alerts on your phone

Call 311 to connect for special needs assistance

Download the American Red Cross APP

Acadiana resources:

<http://www.lafayetteohsep.org/SiteAssets/files/Emergency-Guide.pdf>

<http://www.lafayetteohsep.org/>

Radio resources:

KTDY FM 99.9 <https://999ktdy.com/>

KVOL AM 1330 <https://kvol1330.com/>

Evacuation check in locations:

Tallulah: TA Truck Stop exit I71 US I 20/I65

Bunkie: Sammy Truck Stop exit 53 I49/LA I 15W

Alexandria: Y Not Truck Stop exit 3170/Hwy 71



**BE KIND AND STAY SAFE.
YOUR LIFE MATTERS.**

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