

MD Anderson UTHealth Houston Graduate School (GSBS) Hurricane Preparedness Guide

Have a disaster supply kit ready. Your kit should include:

- **Bottled water** (one gallon per person per day, for drinking and sanitation—up to a 7-day supply)
- **Nonperishable food** items such as canned goods (up to a 7-day supply per person)
- **Flashlight with backup batteries**
- **COVID-19 personal protection supplies** such as hand sanitizer, or bar or liquid soap, and two cloth face masks per person
- **Cash** (Credit card and banking networks may be inoperable after a disaster.)
- **Cellphone chargers** including a car charger and/or rechargeable battery powerbanks.
- Battery-powered radio (with extra batteries) or hand-crank radio
- **A month's supply of important medication**
- **First-aid supplies**
- **Important documents** such as copies of insurance policies, identification, birth certificates, passports, and bank account records in a waterproof, portable container. Take them with you if you evacuate and leave another copy at home in a zip-top bag in your freezer—a surprisingly secure place during water or wind damage. It is also a great idea to take pictures or video of your house inside and out for insurance use at a later date.
- **Food and water for your pets** (up to a 7-day supply per pet)
- **Map if you need to evacuate**

If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies, including water, in case you lose power and you are not able to leave due to flooding or blocked roads.

Make a family/household emergency communication plan.

When inclement weather strikes, there is no guarantee all family/household members will be home or nearby. It's important to think about where your family/household will meet, how will you keep in touch, provide updates regularly, and identify safe locations to stay. If you or someone you know relies on electrical devices, such as a wheelchair, service animals that need to be evacuated or medications that may need to be refilled, it's important to plan ahead to accommodate those needs. For more info on disaster preparedness for people with disabilities, visit the Independent Living Research Utilization website.

Know where to go if you are ordered to evacuate.

Know which local hurricane evacuation route(s) to take and have a plan for where you can stay. The Houston-Galveston Area Council posts maps for evacuation zones by zip code including major evacuation routes online and the Texas Department of Transportation provides more detailed evacuation route maps. Contact your local emergency management agency for more detailed information for your specific area.

Sign up for emergency notifications in your area.

Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the internet with your town, city, or county name and the word "alerts" or visit your local emergency management agency website. You can find information on how to receive alerts from our parent institutions (MD Anderson and UTHealth Houston) at go.uth.edu/GSBS-weather.

Other things you should know:

- Move your car to higher ground if you have it parked in a low-lying or flood-prone area.
- Fill your bathtub or sink with water to use for flushing toilets, cleaning floors or washing your clothes just in case the storm cuts off your water supply.

Helpful links

- www.houstonoem.org
- www.readyhouston.tx.gov

THE UNIVERSITY OF TEXAS

**MDAnderson
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**UTHealth
Houston**

Graduate School of Biomedical Sciences

**Find more information at
go.uth.edu/GSBS-weather.**