

HOW SHOULD I TALK TO MY CHILDREN?

- Be Calm
- Talk about what is happening
- Make sure your children don't see scary reports on TV or the Internet
- Talk to your children about their feelings

After an emergency, children may be scared. They might have bad dreams or not like things they liked before. Try to keep the same routine as before the emergency. Show your children you love them and will keep them safe.

WHAT SHOULD I DO IF I GO TO A SHELTER?

- Tell the staff if you are pregnant
- Tell the staff if you have family members with special needs
- Keep getting prenatal care
- Keep taking your medications
- Make sure your baby drinks a lot of breast milk or formula
- Wash your family's hands often

WHAT ABOUT MY PET?

- If you stay in your house, your pet should stay with you.
- If you go to a shelter, your pet will go to a pet shelter.
- Make sure you have a pet ID, collar, leash, carrier, and pet medications.

WHAT SHOULD I DO IF MY POWER GOES OUT?

BEFORE THE STORM

- Turn your fridge to its lowest temperature.
- Freeze containers of water to keep your freezer cool.
- Fill up your bathtub with water as a back-up water supply.
- Fully charge all electronic devices (cell phone, laptops, and medical equipment).
- If you need power for medical equipment, sign up for the Special Needs Registry.

DURING A POWER OUTAGE

- Report your power outage to Entergy (Call 1-800-968-8243).
- Open your fridge doors as little as possible.
- Stay away from low-hanging power lines and downed power lines.

WHAT IF I CANNOT WALK OR HAVE SPECIAL MEDICAL NEEDS?

Sign up for the New Orleans
SPECIAL NEEDS REGISTRY



Call 311 or
(877) 286-6431 (toll-free)
or go to ready.nola.gov
to sign up

ARE YOU **READY?** HURRICANE SEASON IS HERE



FAMILIES



KNOW YOUR PLAN

KNOW THE BASICS

MAJOR HURRICANE:

The Mayor may declare a mandatory evacuation. Everyone must leave the city. Plan early and leave with family, friends, or neighbors. City officials will tell you when it is safe to come back.

CITY ASSISTED EVACUATION:

If you don't have a way to leave New Orleans during a mandatory evacuation, you can go to an Evacuspote. Buses will take you from Evacuspotes to a shelter. Call 311 to find your Evacuspote.

TROPICAL STORM OR MINOR HURRICANE:

The Mayor might NOT declare a mandatory evacuation. You have two ways to stay safe:

- 1) Leave the city with family, friends, or neighbors.
- 2) Stay inside your house until City officials tell you it is safe to go outside. Close your doors and windows. This is called Sheltering in Place.

SPECIAL NEEDS REGISTRY:

If you cannot walk or have special medical needs, sign up for the Special Needs Registry. Call 311 to sign up.

LISTEN TO TV AND RADIO NEWS FOR UPDATES ON WHAT YOU SHOULD DO.

MAKE YOUR FAMILY'S EMERGENCY PLAN

- How will you leave New Orleans?
- Where will you meet your family before you leave?
- Where will you go if you leave New Orleans?
 - Will you stay at someone's house?
 - Do they know that you plan on staying with them?
- Did you write down your family's names, birthdays, and social security numbers? Keep this paper with you during the emergency.
- Do you have a list of the addresses and phone numbers for your children's school and your work?
- What will you take with you during a mandatory evacuation?
 - If you use City Assisted Evacuation, you can only take 1 suitcase per person.

ARE YOU PREGNANT?

TALK TO YOUR DOCTOR ABOUT:

- Your emergency plan
- Where you can get prenatal care during an emergency
- The signs of early labor
- Where you can have your baby if you leave New Orleans
- A back-up plan to get to the hospital

WHAT YOU NEED TO SHELTER IN PLACE



Food for 3 days
(Make sure you have food for your baby and foods with calcium and protein if you are pregnant)



Flashlight & batteries



3 gallons of water per person



Matches or lighter



Batteries & battery-powered radio



First aid kit



Non-electric can opener



Books, toys, & games

WHAT YOU SHOULD PACK FOR EMERGENCIES



Clothes



Prenatal vitamins, medications, copy of medical records & prescriptions



Soap, toothbrush, & toothpaste



Bed sheets, blankets, & pillows



Birth & marriage certificates



ID



Documents that prove where you live



Money



List of emergency contacts



Insurance policies



Diapers and wipes



Toys for your children



Pictures of your children



Pet supplies