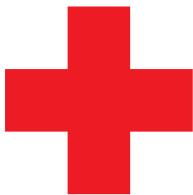


Long Island Hurricane Preparedness Guide

EVERYTHING YOU NEED TO KNOW TO
PREPARE & PROTECT YOUR FAMILY



**American
Red Cross**

Nassau & Suffolk Chapters

In Partnership with the State of New York,
Nassau County and Suffolk County.



Hurricanes *can* and *have* hit Long Island.

Many Long Islanders don't believe our area is in danger of being hit by a major hurricane. They're wrong.

Although there have been other hurricanes as recent as 1991 that have struck Long Island, two stand out as pivotal storms that affected many Long Island communities. The devastation from what was known as the Great Hurricane of 1938 – dubbed the “Long Island Express” – was enormous. The storm reshaped the shoreline of Long Island and created great economic and human loss. 1985's infamous Hurricane Gloria hit one September day and nearly leveled portions of central and eastern Long Island.

According to a recent International Hurricane Research Center report, Long Island's East End is on the list of the top ten most vulnerable mainland U.S. areas prone to hurricanes.

The message is clear: being prepared ahead of time is the best way to minimize potential damage. Now is the time for Long Island to get prepared for a hurricane – before the next one strikes our shores.

**For the most up-to-date information,
visit www.LIPrepares.org**

A stylized, light-colored silhouette of the Long Island coastline is visible at the bottom of the page, extending from the left towards the right. The silhouette shows the outline of the island, including the North Fork, the main island, and the South Fork, set against a dark background.

What you should know

The American Red Cross and Nassau & Suffolk Counties are working hard to ensure the safety and well-being of you and your family.

The most important element of safety? Knowledge. Know the facts. What a hurricane is. How it can affect our lives – and how to be prepared if one is headed our way. Knowledge is always our best defense.

What is a Hurricane?

The National Hurricane Center describes a hurricane as a powerful coastal storm with sustained winds over 74 mph, that's immense in size, duration and destruction. The hurricane season on Long Island is from June to November.

When a hurricane is headed our way, the National Weather Service will monitor it, and if necessary, issue a Hurricane Watch or Hurricane Warning. Here's what you should know about each.

Hurricane Watch

A hurricane WATCH is issued for coastal areas when hurricane conditions could threaten to hit our area within 24 to 36 hours.

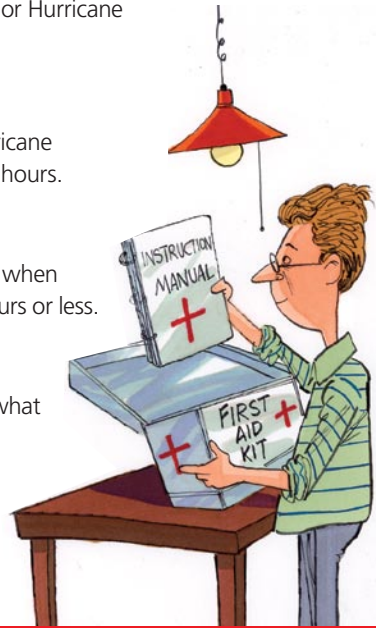
Hurricane Warning

A hurricane WARNING is a heightened alert that is issued when hurricane conditions threaten to hit our area within 24 hours or less.

Be Prepared. Not Scared.

Just knowing about hurricanes simply isn't enough. It's what you do to prepare for one that really counts.

What you do before a hurricane can make all the difference during and after one hits. Don't wait. The plan you put in place now can help protect you and your family from danger.



Just follow these simple steps:

1 Get a Kit

With three days' food and water at home and a Go Bag with evacuation essentials.

2 Make a Plan

Decide what your family will do, where you'll go and who you'll call.

3 Be Informed

Know your town's evacuation route. Stay tuned to local authorities before, during and after the storm.

1

Get a Kit



Stock up! What you have on hand before a hurricane hits can make a big difference as to how well your family handles it. Create your own disaster preparedness kits – one for home and one to take with you as a Go Bag in case you need to evacuate – with enough supplies for everyone in your household for three days.

Your disaster preparedness kits should include:

- **Water.** At least one gallon per person per day.
- **Food.** Non-perishable items you'd want to eat - such as canned food (and manual can opener), energy bars, peanut butter and other nutritious foods that require no refrigeration, preparation or cooking and little or no water.
- **First aid kit.** Pack a "how to" guide as well.
- **Medications.** Essential prescription and non-prescription items and medical information.
- **Crank radio and flashlight, or battery-powered radio and flashlight** (with extra batteries for both), and a 12-hour glow stick.
- **Clothing.** A change of clothes, rainwear, sturdy shoes and protective gloves for everyone.
- **Personal items.** Remember specific items such as eye glasses or contact lenses and solution, personal care and hygiene items, extra (charged), cell phone batteries and comfort items such as toys or books.
- **Money.** Have cash. ATMs and credit cards won't work if the power is out.
- **Important family documents in a waterproof, portable container.** Copies of:
 - ❑ Drivers' licenses
 - ❑ Wills
 - ❑ Birth and marriage certificates
 - ❑ Insurance policies
 - ❑ Proof of residence (deed or lease)
 - ❑ Recent tax returns
 - ❑ Credit card and bank account numbers
 - ❑ Social Security cards
 - ❑ Passport numbers
 - ❑ Home inventory list
- **Special items** for infants, elderly, pets or loved ones with special needs.
- **Written instructions** on how to turn off electricity, gas and water if authorities advise you to do so. (Remember, you'll need a professional to turn them back on.)

Be ready to GO! In the event of a hurricane watch or warning, put essential items into a smaller, portable Go Bag – such as a hands-free backpack or duffel bag – or a container in case you need to evacuate. Keep it by your front door or an exit in case of an emergency evacuation.

2

Make a Plan



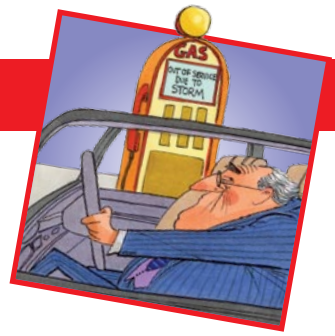
Talk it up! Meet with your loved ones and create a Family Disaster Plan which includes a Communications Plan and an Evacuation Plan. Outline responsibilities for each member. When you do, remember to:

- **Plan ahead** for the possibility of becoming separated from your family and friends.
- **Designate an individual** outside the potentially affected area that each family or household member will call or e-mail to check in with should a hurricane occur. Your selected contact should live far enough away that they would be unlikely to be directly affected by the same event, and they should know they are the chosen contact.
- **Know that phone lines (and e-mail)** may be out of service or overloaded after a disaster, so it's often easier to call out of the area. You may also have to be patient and try again later.
- **Make sure your contact person has all family emergency phone numbers and contact information.**
- **Make sure all of your loved ones have the contact person's phone number**, as well as each others' phone numbers and e-mail addresses. Loved ones should agree to call the out-of-town contact to report their whereabouts and welfare. Consider having a laminated, wallet-sized card made to carry with you at all times.
- **Practice the communication plan** and update as necessary.
- **Use the American Red Cross "Safe and Well" Web site**, available at www.redcross.org, as a secure, free location to post messages to loved ones worried about your well-being.
- **Have all family members stay in contact with the designated individual** if you are evacuated to let them know your whereabouts and well-being.



3

Be Informed



Listen up! The more you know before, during and after a hurricane, the better off your family may be. So:

- **Listen to local officials.** If local authorities tell you to evacuate or remain at home, it is vital to your safety that you follow their guidance.
- **Know potential evacuation routes – and alternates.** Keep a map in your car – and in your kit – at all times.
- **Stay tuned to NOAA Weather Radio, local radio, watch TV** or check the Internet often for official news and instructions as they become available. While local authorities may not immediately be able to provide information, they'll get it out to the public as soon as they can.
- **Do not return to your home until local authorities say it is safe.** Even after the hurricane and after flood waters recede, roads may be weakened and could collapse. Buildings may be unstable, and drinking water may be contaminated. Use common sense and exercise caution.
- **Learn First Aid and CPR.** Knowing simple first aid techniques and CPR can give you the skills and confidence to help during an emergency.
- **Volunteer.** As a trained Red Cross volunteer, you can provide aid and comfort to those affected by disasters, teach neighbors lifesaving and preparedness courses... and more.

Local Weather and News

Television

NEWS 12	Channel 12	The Weather Channel	Channel 62
TV 12 Traffic & Weather	Channel 61	WLNY TV55	TV55

Radio

Nassau County		Suffolk County			
WKJY	98.3 FM	WLNG	92.1 FM	WBAZ	102.5 FM
WCBS	880 AM	WALK	97.5 FM	WBZO	103.1 FM
WINS	1010 AM	WBAB	102.3 FM	WRCN	103.9 FM
WHLI	1100 AM				

Visit www.LIPrepares.org for additional preparedness information.

Important Contact Information



For Emergencies, Dial 911

Nassau County

Nassau County Offices www.nassaucountyny.gov	(516) 571-3000
Nassau County Office of Emergency Management www.nassaucountyny.gov/agencies/oem/index.html	(516) 573-0636
Nassau County Department of Health www.nassaucountyny.gov/agencies/Health/index.html	(516) 571-3410
The American Red Cross in Nassau County www.nassauredcross.org	(516) 747-3500

Suffolk County

Suffolk County Fire Rescue Emergency Services	(631) 852-4850
Suffolk County Government Offices www.co.suffolk.ny.us	(631) 852-5593
Suffolk County Office of Emergency Management www.co.suffolk.ny.us	(631) 852-4900
Suffolk County Office for the Aging	(631) 852-8200
Suffolk County Public Information Public.info@co.suffolk.ny.us	(631) 853-4402
The American Red Cross Suffolk County Chapter http://suffolkcounty.redcross.org	(631) 924-6700
Suffolk County Department of Health Services www.co.suffolk.ny.us	(631) 853-3000
Special Needs www.co.suffolk.ny.us	(631) 853-5593

Other Resources

Federal Emergency Management Agency www.fema.gov	(800) 621-FEMA
KeySpan www.keyspanenergy.com	(800) 490-0045
LIPA www.lipower.org	(800) 490-0025
National Hurricane Center (local office) www.nhc.noaa.gov	(631) 924-0517/2578
New York State Emergency Management www.semo.state.ny.us	(518) 292-2200
Pet Safe www.petsafecoalition.org	(516) 676-0808