

## NEWS FOR SPRING/SUMMER 2020



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### **GET READY FOR HURRICANE SEASON**

Hurricane Season, which lasts from June 1 through November 30, is here again. There was a higher than average number of named storms over the last few years, and unfortunately predictions are suggesting that 2020 may mirror recent seasons. Hopefully everyone used our brush with Hurricane Dorian last September as an opportunity to evaluate the effectiveness of their hurricane plans and take note of any changes needed for this year. Just as we review our emergency management plan annually, you should as well.

If you or a loved one lives in Palm Beach County, we recommend that you visit [www.discover.pbcgov.org](http://www.discover.pbcgov.org) for emergency management resources under “Residents/Emergency Services.” You will find a Hurricane Planning Guide which includes evacuation maps and tips on protecting your home, boat and pets.

Broward County residents can go to [www.broward.org/hurricane](http://www.broward.org/hurricane), the official hurricane site for Broward to find many helpful links. Martin County residents should visit [www.martin.fl.us](http://www.martin.fl.us) and enter “Disaster Preparedness” in the search bar. Regardless of your location, we recommend making a list of nearby grocery stores and gas stations with generators in case of power outages.



One of the most important aspects of hurricane planning is to determine whether or not you will have to evacuate. If you reside in a high-risk area or cannot safely remain in your home due to medical issues, you must have a plan in place now. Potter Nursing Service is happy to assist our clients with finding a safe place to stay in the event of an evacuation.

Riding out the storm in a hotel may be a good option for some, but reservations must be made well before a storm arrives. For people unable to secure a hotel room or not suitable for regular shelters and other options due to medical conditions, staying in a healthcare facility is an alternative. Keep in mind each facility has different fees and conditions for accepting guests during an emergency. Each county also has Special Needs Shelters for impaired or disabled residents with no other sheltering options. If you are interested in registering for one of these shelters, our staff can assist you with the necessary paperwork.

All facilities and shelters ask that evacuees arrive prepared with personal needs such as toiletries, antibacterial wipes, a radio, batteries, flashlights, bottled water, clothing, non-perishable foods and medications for at least one week. You should also have an up-to-date list of your medications as well as a record of your emergency contact numbers, including your doctors’ contact information.

With a little thought and preparation now, we can help to make the upcoming hurricane season safer and less worrisome for everyone. Our staff will be contacting clients and caregivers in the coming weeks to review their plans for managing natural disasters or any other emergencies that may arise.

### Tropical Cyclone Names for the 2020 Atlantic Hurricane Season

The following names will be used for tropical storms and hurricanes that form this year. This list is one of six that rotates and is recycled every six years. These names will be used again in 2026 unless one of these storms is so devastating that the name is retired. In the unlikely event that all 21 names are used, storms will be named using the Greek alphabet, which means the next storm that forms after Wilfred would be Alpha.

Arthur	Hanna	Omar
Bertha	Isaias	Paulette
Cristobal	Josephine	Rene
Dolly	Kyle	Sally
Edouard	Laura	Teddy
Fay	Marco	Vicky
Gonzalo	Nana	Wilfred



### Make Sure Your Pantry is Stocked for Hurricane Season

It is important that you begin stocking up now to avoid the last-minute rush before an approaching storm. Here are some items that everyone should have at all times:

- ✓ At least 1 gallon of water per person per day for 7 days.
- ✓ Canned, dried and other non-perishable foods such as beans, tuna, soups, jerky, pasta, ramen noodles, cereal, granola bars/trail mix, crackers, nuts and dried fruit.
- ✓ Instant coffee and tea bags.
- ✓ Food, treats and medication for your pets.
- ✓ Non-electric can opener.
- ✓ Disposable items such as paper plates, plastic utensils, paper towels, toilet paper and aluminum foil.
- ✓ Fuel for outdoor grill or portable stove.
- ✓ Hand sanitizer and antibacterial wipes.

In addition to stocking your pantry, you should always maintain a one month's supply of medication and a first aid kit. Other items to keep in mind are corded phones, correct sizes of batteries for each of your battery-operated devices, a portable charger/power bank and extra cash in case credit card terminals and ATM's are not operable after the storm passes.

I believe luck is preparation meeting opportunity. If you hadn't been prepared when the opportunity came along, you wouldn't have been lucky. – Oprah Winfrey