



hospice | palliative care | home health

# **Patient and Caregiver Severe Weather and Hurricane Guide**

# STORM SAFETY

## LISTEN TO YOUR LOCAL TV or RADIO STATION FOR EMERGENCY ADVISORIES AND HEED THEM!

### Lightning and Thunderstorms

#### Florida is the Lightning Capital of the United States

- **AVOID** the highest object in the area (tall trees, hilltops, open spaces, exposed sheds); if isolated trees are nearby, crouch in open, keeping twice as far away from the trees as they are high.
- **STAY AWAY** from wire fences, metal clotheslines, railings, telephone or power lines, pipelines or structural steel fabrication.
- Don't take laundry off the clothesline.
- Don't be the highest object in an open field or in a boat.
- Stay out of water (ocean, canal, lake or swimming pool).
- Leave the beaches and small boats!
- **SEEK SHELTER** in a building, ditch or under head-high clumps of trees in open areas.
- **AVOID TALL TREES!**
- **AVOID USING GOLF CLUBS AND ALUMINUM TENNIS RACQUETS** as they attract lightning when thunderstorms threaten.
- **GET OFF MOTORCYCLES, BICYCLES, FARM OR CONSTRUCTION EQUIPMENT (especially tractors).**
- **STAY IN YOUR AUTOMOBILE IF YOU ARE TRAVELING.**
- **SHOULD YOUR HAIR BEGIN TO STAND ON END OR YOUR SKIN BEGIN TO TINGLE, drop to the ground immediately! Bend forward with your hands on your knees -lightning may be about to strike you!!**
- **STAY INDOORS** - don't venture outside, unless absolutely necessary.
- **STAY AWAY** from open doors and windows, fireplaces, radiators, stoves, metal pipes and plug-in electrical appliances and plumbing fixtures.
- **AVOID USE** OF electrical equipment such as hair dryers, electric toothbrushes, and electric razors.
- **DON'T USE YOUR TELEPHONE** unless it's an emergency, especially in rural areas, as lightning may strike the lines.



## HURRICANE/DISASTER PREPAREDNESS

Hurricane season officially begins June 1<sup>st</sup> and ends November 30<sup>th</sup> each year. The Hospice staff is concerned about your safety and encourages patients and families to be prepared well in advance of any hurricane or other natural disaster.

### Hurricane Language

#### Hurricane Watch

A hurricane **may** hit your area within 48 hours.  
Your preparations should be underway.

#### Hurricane Warning

A hurricane is **expected** to hit your area within 36 hours.  
Your preparations should be rushed to completion.

### Step 1: Determine Need to Evacuate

#### Hospice Patients Living in a Private Residence

**Evacuation:** Are you required to evacuate?

- If you are living in a private residence evacuations are ordered as follows:
  - Anyone living in a mobile home (Both Broward and Palm Beach Counties)
  - **Broward County**
    - Hurricane Category 1 or 2: All residents east of the intracoastal waterway, residents beside tidal bodies of water and in low lying areas
    - Hurricane Category 3 and higher: In addition to those required to evacuate above, residents east of US.1 (Federal Highway) should evacuate
  - **Palm Beach County**
    - Hurricane Category 1 or 2: All coastal barrier islands, all properties within one block of a costal tidal body of water, all areas prone to flooding. In addition in Jupiter any one East of Pennock Road, or North of Toney Penna Road, or East of Military Trail, or North of Indian Creek Parkway. Also in Boynton Beach: All properties east of Federal Highway
    - Hurricane Category 3 and higher: In addition to those required to evacuate above:
      - Boca Raton, Delray Beach, Gulf Stream, Hypoluxo, Lake Park, Rivera Beach, and West Palm Beach (N. of 36<sup>th</sup> Street) All properties east of US1/Federal Highway
      - West Palm Beach (36t Street to Okeechobee Blvd): All properties east of Dixie Highway
      - West Palm Beach (S of Okeechobee Blvd.) All properties east of Olive Avenue/Federal Highway.
      - Boynton Beach & Lantana: All properties east of the Railroad Tracks
      - Jupiter-Tequesta, N. Palm Beach, and Palm Beach Gardens: All properties East of Limestone Creek Rd & North of Indiantown Rd, East of Maplewood Rd & North of Indian Creek Pkwy, East of Central Blvd & North of Frederick Small Rd., South of Frederick Small Rd & East of Old Dixie Hwy. & South to Northlake Blvd.

## Step 2: Confirm Your Plan for “Sheltering”

**Have a Plan:** Have a plan for “sheltering” during a storm. (Where will you go?)

- **Plan A: Stay Home:** (If you don’t live in an evacuation zone or mobile home) and take precautions:
  - Gather all supplies that you will need **EARLY**.
  - Establish a "safe room" in an interior room with no windows. Bring needed supplies, including battery powered radio, extra batteries, medications, food and drinking water, into this room.
  - Make sure that your home is secure and shuttered, and that it can withstand a hurricane. Ask neighbors to assist with preparations if necessary.
  - Make sure that a neighbor or someone in your family knows that you will be staying home
  - Make sure your Hospice nurse/team knows your plan
- **Plan B: Stay With Local Family or Friends:** If you plan to stay with family or friends during a hurricane, take the following precautions:
  - Call them in advance to make sure they will be ready for you.
  - Have a back-up plan in case they are out of town.
  - Give your evacuation address to your Hospice nurse/team.
  - If your loved one has dementia, ask to have a room just for you and your loved one. Ask those with whom you are staying to take the same safety precautions you have in your home (e.g., hide sharp objects and poisons, limit access to exits, cover mirrors, etc.).
  - Bring your own food and water.
- **Plan C: Go to a Special Needs Shelter:** Special Needs Shelters are available in both Palm Beach and Broward Counties for residents who meet specific medical criteria and are not appropriate for General Population Shelters. These shelters offer BASIC medical assistance and monitoring.
  - Appropriate individuals are persons who:
    - Have minor health/medical conditions that require professional observation, assessment & maintenance.
    - Require assistance with personal care and/or assistance with medications but do not require hospitalization or a medical institution
    - Need assistance with medication administration and/or vital sign monitoring and are unable to do so without professional assistance.
  - Hospice **does not recommend** special need shelters for our patients
  - Pre-registration for the Special Needs Program is open throughout the year, and while not required, is strongly encouraged to ensure that the shelter will be adequately prepared to meet your needs. To pre-register and request an application please call the telephone number listed below.

<p style="text-align: center;"><b>Palm Beach County Emergency Management Special Needs Coordinator Special Needs Shelter Program Phone (561) 712-6400 FAX (561) 712-6464</b></p>
<p style="text-align: center;"><b>Broward County Emergency Management Department (954) 831-3920 TTY (Hearing Impaired) (954) 831-3940 OR Visit: <a href="http://www.broward.org/Hurricane/AtRisk/SpecialNeeds.aspx">www.broward.org/Hurricane/AtRisk/SpecialNeeds.aspx</a></b></p>

- **Plan D: Go to a Red Cross General Population Shelter:** Shelters should be used as a LAST RESORT. Staying with a relative or friend may be a more comfortable option. Staying in a shelter may become stressful
  - If you plan on going to a shelter you need to be prepared for an extended stay. Bring personal identification, your cell phone and charger or extra batteries, plus a five (5) day supply of the food, water, medicines, personal hygiene items, bedding, and clothing for each person going to the shelter:
  - Make arrangements for your pets EARLY; Red Cross General Population Shelters do not allow pets, with the exception of service animals.
  - A Pet Friendly Shelter is available in both Palm Beach and Broward counties for residents who live in a mandatory evacuation area or manufactured/mobile home
  - Stay tuned to local broadcast media prior to the storm for information on which shelters are open and have space.

### **Palm Beach County Shelters**

Palm Beach County Emergency Management (561) 712-6400  
TDD (Hearing Impaired) (561) 712-6343

#### **North Area**

Independence Middle School  
4001 Greenway Drive, Jupiter 33458

Palm Beach Gardens High School  
4245 Holly Drive, Palm Beach Gardens 33410

Dr Mary McLeod Bethune Elementary School  
1501 Avenue U, Riviera Beach 33404

#### **Central Area**

Seminole Ridge High School  
4601 Seminole Pratt Whitney Rd, Loxahatchee  
33470

Westgate Elementary School  
1545 Loxahatchee Drive, West Palm Beach  
33409

Forest Hill High School  
6901 Parker Avenue, West Palm Beach 33405

Palm Beach Central High School  
8499 Forest Hill Blvd, Wellington 33411

John I. Leonard High School  
4701 10th Avenue N., Greenacres 33463

#### **South Area**

Park Vista High School  
7900 Jog Road, Boynton Beach 33427

Boynton Beach High School  
4975 Park Ridge Blvd., Boynton Beach 33426

Atlantic Community High School  
2455 West Atlantic Ave., Delray Beach 33445

Boca Raton Community High School  
1501 NW 15th Court, Boca Raton 33486

West Boca Raton High School  
12811 Glades Road, Boca Raton 33428

#### **West Area**

Lakeshore Middle School  
425 W. Canal Street N, Belle Glade 33430

Pahokee Middle School  
850 Larrimore Rd, Pahokee 33476

## **Palm Beach County Pet Friendly Shelter**

A pet-friendly shelter is available to residents living in a mandatory evacuation zone or in a mobile home anywhere in Palm Beach County. Pre-registration of your pet is required. Contact Animal Care and Control at (561) 233-1266 or visit [www.pbcgov.com/pubsafety/animal](http://www.pbcgov.com/pubsafety/animal) to register.

### **Pet Friendly Shelter Location**

Gymnasium at the West Boynton Recreation Center (east of high school)

6000 Northtree Blvd., Lake Wot1h 33463

(between Hypoluxo Road and Gateway Boulevard off the east side of Jog Road)

## **Broward County Shelters**

Broward County Emergency Management Division (954) 831-3900

FL RELAY (Hearing Impaired) 1-800-955-8771

### **Coconut Creek**

Lyons Creek Middle School  
4333 Sol Press Blvd, Coconut Creek 33073

Monarch High School  
5050 Wiles Road, Coconut Creek 33073

### **Coral Springs**

Coral Glades High School  
2700 Sportsplex Drive, Coral Springs 33065

### **Davie**

Fox Trail Elementary School  
1250 Nob Hill Road, Davie 33324

### **Ft. Lauderdale**

Rock Island Elementary/Arthur Ashe Middle School  
1701 NW 23rd Avenue, Ft. Lauderdale 33311

### **Pembroke Park**

Watkins Elementary School  
3520 SW 52nd Avenue, Pembroke Park 33023

### **Lauderdale Lakes**

Park Lakes Elementary School  
3925 N. State Rd. 7, Lauderdale Lakes 33319

### **Miramar**

New Renaissance Middle School  
10701 Miramar Blvd., Miramar 33025

Everglades High School  
17100 SW 52nd Avenue, Miramar 33027

### **Pembroke Pines**

Silver Trail Middle School  
18300 Sheridan St., Pembroke Pines 33331

West Broward High School  
500 NW 209 Avenue, Pembroke Pines 33029

### **Plantation**

Plantation Elementary School  
651 NW 42nd Avenue, Plantation 33317

### **Pompano Beach**

Pompano Beach High School  
600 NE 13th Avenue, Pompano Beach 33060

### **Weston**

Falcon Cove Middle School  
4251 Bonaventure Blvd., Weston 33332

## **Broward County Pet Friendly Shelter**

Pet friendly shelter space is limited and available to residents with pets who either live in a mandatory evacuation area or a mobile home anywhere in Broward County. Pre-registration is required. Call the Broward County Humane Society at (954) 989-3977 or visit [www.humanebroward.com](http://www.humanebroward.com) to register.

### Pet Friendly Shelter Location

Millennium Middle School

5803 NW 94th Avenue, Tamarac 33321

(From Commercial Blvd. and University Drive Intersection take Commercial west. Turn right onto 94th Avenue and make a U-turn at NW 93rd Terrace onto 94th Avenue.)

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### Step 3: Plan Ahead, Gather Disaster Supplies

Whether you are staying in your home, going to stay with friends or relatives, or planning to go to a shelter you will need to gather supplies in advance. Don't wait until a storm is approaching to get ready.

- **Non-perishable food:** At least enough for five (5) days, including non-perishable packaged or canned food, canned or shelf milk, cereal, snack foods, etc
- **Drinking water:** At least one (1) gallon per person per day, a two week supply is recommended. Store drinking water using food-grade containers. You can use clean, airtight containers such as two-liter soda jugs, but **no** milk containers. If you re-use disposable plastic bottles, do not keep them for more than a month.
- **Medicines/prescription drugs:**
  - Hospice will provide a fourteen (14) day supply of all the medications that hospice is/has been providing,
  - Family members should have at minimum of fourteen (14) day supply of medications. (A thirty (30) day supply is recommended). Contact your doctor early so that your pharmacy will have a supply on hand for your advance purchase. Store in a waterproof container.
- First aid kit
- Sanitary and incontinence supplies (e.g., diapers, cleansing wipes, etc.) stored in a waterproof container.
- Personal care products (e.g., soap, toothbrush, toothpaste, deodorant, etc.)
- Hand sanitizer, soaps and detergents
- Extra re-sealable plastic storage bags, heavy-duty aluminum foil and disposable aluminum pans
- Large and small trash bags
- Paper goods such as plates, bowls, napkins, paper towels, tissues, toilet paper, plastic eating utensils and rubber gloves stored in a waterproof container
- Non-electric can opener/bottle opener (one you can turn by hand)
- Matches in a waterproof container
- Unscented household bleach without additives (for purification purposes)
- Insect repellent with DEET, and sunscreen
- Portable battery-powered radio or television and extra batteries
- Flashlights (more than one) and extra batteries
- Several coolers and ice
- Extra hearing aid batteries
- Non-electric stove (optional). Don't forget to purchase extra charcoal or propane gas for outdoor cooking. Sterno can also be used. Never cook with any of these items inside your house. The smoke and fumes are deadly.
- Hardline telephone with jack (not cordless). Cordless phones will not work if the power is out.
- **REMEMBER:** All your important papers, including a phone list of family and friends, insurance policies (home, auto, and life), Medicare and/or Medicaid cards, birth certificates, etc. should be placed in a waterproof sealed container.



#### Step 4: During a Hurricane Watch

Your hospice team will confirm your plans and order any needed patient medications and supplies.

If you are evacuating, make sure hospice has the name and address of the location you are evacuating to.

If you are evacuating or staying in your home you should:

- Gather and check all your supplies to make sure you have everything you need
- Obtain cash
- Fill car with gas
- Fill propane tanks if you plan to use a grill
- Pick up all objects from your yard and store inside
- Charge your cell phone and make sure you have batteries for wireless phones
- Set your refrigerator and freezer on the highest settings
- Plan for your pet

#### Step 5: During a Hurricane Warning

**If you are evacuating:** now is the time to get ready to go! Listen to the radio/television for information on shelters that are open.

- Before you leave for a shelter Turn off electricity at fuse box and the gas supply to prevent possible fire.
- Turn off water, outside line.

**If you are staying** in your home:

- Fasten all doors and shutters.
- Lower all blinds and close curtains.
- Sanitize bathtub and fill with water.
- Secure storm shutters/awnings.
- Fill clean containers with water for drinking.
- Turn freezer and refrigerator to maximum.
- Fill freezer with containers of water

Hospice staff **will not be able to make visits once the winds reach 39 miles per hour** until the storm has passed.

#### Admission to a Hospice Inpatient Unit

During periods of emergency, Hurricane Watch and Hurricane Warning, will continue to evaluate individuals who require admission to an inpatient unit based on criteria established by Hospice Medicare conditions of participation. Patients **will not be admitted to a Hospice Inpatient Facility** during a Hurricane Warning **once winds hit 39 miles per hour.**

**Hospice will continue to be available by phone unless phone communication is lost.**

Your hospice team will contact you as soon as possible once the storm has passed and communication has been restored.

### After The Hurricane Passes

- Pay attention to the instructions of public officials and the media, they are acting in your best interest.
- Your hospice team will contact you as soon as they are able
- Avoid electrical shock. **Do Not** touch fallen or low-hanging wires under any circumstances and stay away from puddles with fallen wires near or in them.
- Do Not** touch any tree or object in contact with or near power lines.
- Beware of weakened roads, bridges, tree limbs & porches that may collapse.
- Use the telephone for emergencies only.
- Do** call the police or utility immediately to report hazards such as "live" power lines, broken gas or water mains, or overturned gas tanks.
- Do Not** call to report interruptions in electric, gas, water or telephone service. Utilities plan in advance for restoration of services.
- Continue to conserve refrigeration. Check food for spoilage after power is restored.
- If putting up your CB or TV antenna beware of power lines nearby.
- Be cautious when using emergency cooking facilities. Firefighting will be difficult if water lines are damaged.

### Special Situation Preparations:

#### Hospice Patients Receiving Crisis Care

Crisis care services will be discontinued during the Hurricane Warning phase of preparation for a storm. Those patients requiring continued crisis care services will be transferred to a hospice inpatient unit.

#### Hospice Patients in a Nursing Home

Hospice patients who are living in a nursing home will remain in the facility during a storm or other natural disaster, unless the facility's emergency management plan requires evacuation.

If evacuation is required your hospice team will work with your facility staff to assist with transfer and ensure that all essential medications, equipment, and supplies are available for your care. Your hospice team will be available to you both before and after the event.

#### Hospice Patients Already In an Inpatient Unit

Patients who have been admitted to a hospice inpatient unit in a hospital will remain in place during a storm or other natural disaster, unless the hospital's emergency management plan requires evacuation. In that situation the patient's will be moved to another hospice inpatient unit.