

# TIPS TO KEEP YOU "HURRICANE HEALTHY"



Do you know how to stay healthy before, during, and after a hurricane? Here are some tips to help you start preparing!

## 1 REGISTER FOR EVACUATION ASSISTANCE

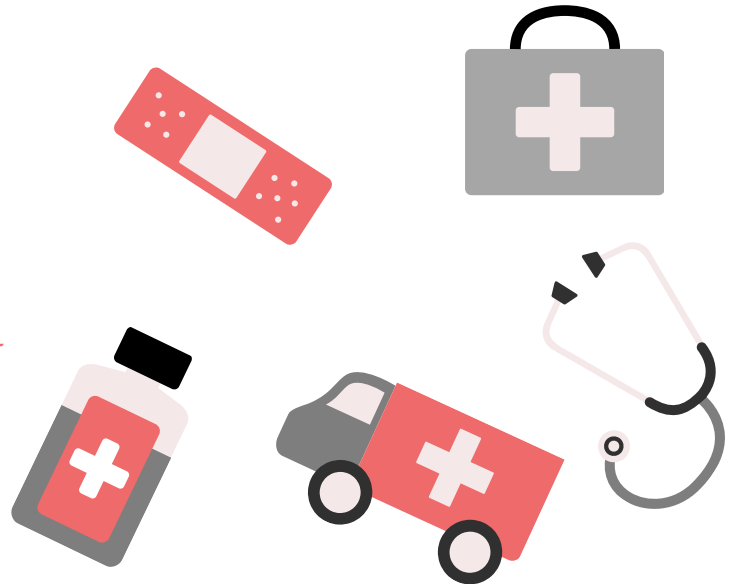
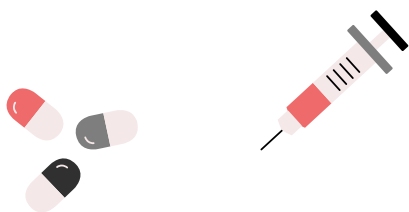
If you have special mobility needs, you may qualify for evacuation assistance. Visit <https://bit.ly/2Wvskac>

## 2 STOCK UP ON YOUR MEDICATIONS

Before a storm hits, make sure to have a 7 day supply of all your medications.

## 3 HAVE A PLAN FOR MEDICATION STORAGE

If you take any medications that need to be refrigerated, such as insulin, have a dedicated cooler with ice packs.



## 4 INSTALL A CARBON MONOXIDE DETECTOR

Carbon monoxide is an odorless gas that can be released by generators and grills, and it can be deadly.

## 5 RECOGNIZE THE SIGNS OF HEAT ILLNESS AND SEEK HELP

If someone develops confusion, shortness of breath, weakness, or loss of consciousness, take measures to cool them down and call 911 immediately.

DADE COUNTY STREET RESPONSE

**DISASTER**  
RELIEF TEAM



For more information, please visit us at [www.southfldisasterrelief.org](http://www.southfldisasterrelief.org)