### South Louisiana Edition

#### CELEBRATING 25 YEARS OF DISASTER RELIEF SERVICES IN COASTAL LOUISIANA

<table>
<thead>
<tr>
<th>Disaster Reduction Programs &amp; Services: TRAC</th>
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<tbody>
<tr>
<td><strong>Disaster Preparedness Education</strong></td>
<td><strong>Disaster Preparedness Education</strong></td>
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<tr>
<td>2.2 million Educated in Louisiana</td>
<td>2.2 million Educated in Louisiana</td>
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<tr>
<td>Programs adopted in FL, MA, MS, NJ, NY, OH, TX and Republic of Haiti</td>
<td>Programs adopted in FL, MA, MS, NJ, NY, OH, TX and Republic of Haiti</td>
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<tr>
<td>17,300 families</td>
<td>17,300 families</td>
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<tr>
<td>$83.6 million Direct Client Assistance</td>
<td>$83.6 million Direct Client Assistance</td>
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<td><strong>Long-Term Disaster Recovery, Client Advocacy, Resource Development</strong></td>
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<tr>
<td>1.2 million Volunteer Hours Coordinated</td>
<td>1.2 million Volunteer Hours Coordinated</td>
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<tr>
<td>$20.2 million In-kind Support</td>
<td>$20.2 million In-kind Support</td>
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<tr>
<td><strong>Volunteer Construction Management</strong></td>
<td><strong>Volunteer Construction Management</strong></td>
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<tr>
<td>2,540 Homes Reconstructed</td>
<td>2,540 Homes Reconstructed</td>
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<tr>
<td><strong>Sustainable Housing Development</strong></td>
<td><strong>Sustainable Housing Development</strong></td>
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<tr>
<td>Elevated 161 Homes</td>
<td>Elevated 161 Homes</td>
</tr>
<tr>
<td>Installed 250 Elevators</td>
<td>Installed 250 Elevators</td>
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<tr>
<td>Designed &amp; Engineered LA Lift House™ - 7 - Constructed</td>
<td>Designed &amp; Engineered LA Lift House™ - 7 - Constructed</td>
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<tr>
<td><strong>Residential Mitigation Assistance</strong></td>
<td><strong>Residential Mitigation Assistance</strong></td>
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<tr>
<td>Built 75 Handicap Ramps</td>
<td>Built 75 Handicap Ramps</td>
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<tr>
<td><strong>Survive Smarter</strong></td>
<td><strong>Survive Smarter</strong></td>
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**Your Planner for Smart Storm Survival**

- **Know Your Risk**
- **Develop Your Plan**
- **Mitigate Your Losses**
- **Survive Smarter**

**TRAC**
Terrebonne Readiness & Assistance Coalition

**Storm Safe LA**
Survival Handbook
South Louisiana Edition
Hurricanes and Tropical Storms are normally occurring weather events in Louisiana. Planning and preparing is necessary for your survival. In order to survive a storm event you need to create your personal disaster plan; a plan that fits your lifestyle this storm season. We believe that your disaster plan can be developed in 10 steps or stages. Your plan must be so well rehearsed that it becomes a reflex.

This **Survival Handbook** will help you refine your Hurricane Survival Plan for yourself and your loved ones. It’s a tool for you to share with your friends, neighbors, co-workers, employees, and everyone else in your circle. Make it a safety teaching event at your next neighborhood association meeting or yoga class. Reach out to your elderly neighbors to help them devise their plan. **THE POINT IS: WE ALL LIVE IN SOUTH LOUISIANA……“Together we can survive smarter tomorrow by our actions today.”**

This year TRAC Celebrates 25 Years Providing Disaster Relief Services in the Coastal Parishes of South Louisiana. I have been blessed to work with the most dedicated group of highly skilled disaster recovery professionals who made the impossible possible with regularity. I am honored and humbled for having had this opportunity.

Peg Case, Director
TRAC

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TRAC’s Storm Safe LA Survival Handbook - 2nd printing 2017  
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Since the French Colonial Period, a major hurricane has struck Louisiana at an average rate of once every three years, and the Grand Isle area is among the ten most likely hurricane landfalls in the United States.

**1722**  
Many French colonial officials used the devastation of New Orleans in the “Great Hurricane of 1722” as testimony to that city’s unsuitability as capital of Louisiana.

**1772**  
Alexander Hamilton, in his firsthand account of a hurricane, vividly recalled experiencing “…the roaring of the sea and wind, fiery meteors flying about in the air, the prodigious glare of almost perpetual lightning, the crash of falling houses, …the ear-piercing shrieks of the distressed were sufficient to strike astonishment into Angels”.

**1779**  
In assessing the devastation of the recent hurricane, the Governor reported: “There are but few houses that have not been destroyed, and there are so many wrecked to pieces; the fields have been leveled; the houses of the near villages, which are the only ones from which I have heard at this time, are all on the ground, crops, stock, provisions, are all lost”.

**1780**  
A storm of such intensity hit the New Orleans area, it destroyed many buildings and reportedly sank every vessel afloat on the Mississippi River and Lake Pontchartrain.

**1831**  
The Great Barbados Hurricane kills 1500 people and wreaks devastation all along its path from Barbados to New Orleans.

**1837**  
“Racer’s Storm” moves from west to east across the entire coast of Louisiana, causing widespread flooding and considerable damage to agriculture and shipping.

**1856**  
A hurricane strikes Isle Derniere, a vacation resort on the Louisiana coast southwest of New Orleans. Storm waters washed over the entire island, destroying the hotel even as gentlemen danced with their bejeweled ladies. More than 200 lives were lost and the denuded island was split in half.

**1893**  
An October hurricane destroyed settlements at Grand Terre and Cheniere Caminada, killing an estimated 2000 people and stripping islands of vegetation and buildings.

**1909**  
A hurricane passing through Baton Rouge and New Orleans killed 350 people and the storm surge inundated much of South Louisiana.

**1915**  
Passing Grand Isle and New Orleans with winds of 140 miles per hour, a hurricane killed 275 people and leveled numerous communities in its path up the Mississippi River. In Leeville, only 1 building out of 100 survived the storm.

**1918**  
With winds of 100 miles per hour, a hurricane passed across Southwest Louisiana, killing 34 people.

**1926**  
As a hurricane followed a diagonal track across Louisiana from Houma to Shreveport, it took 25 lives and caused approximately $4 million in building damages.

**1947**  
A hurricane packing over 100 mph winds passed directly over New Orleans claiming 34 victims, flooding main parts of the city and causing an estimated $100 million in damages.

**1956**  
The storm surges of Hurricane Flossy completely submerged Grand Isle and caused extensive coastal erosion and flooding.

**1957**  
The 15 foot storm surge created by Hurricane Audrey on its path from Calcasieu Pass to New Orleans was responsible for the deaths of 390 people. Damage estimates exceeded $150 million.

**1961**  
Hurricane Carla killed 46 people and caused an estimated $410 million in damages.

**1964**  
Besides causing severe coastal erosion and local flooding, Hurricane Hilda claimed 39 victims.
1965 Hurricane Betsy came ashore at Grand Isle as a Category 3 storm, packing winds in excess of 100 mph with gusts up to 160 mph. The accompanying 10 foot storm surge caused New Orleans to suffer its worst flooding in decades. Damage throughout Southeast Louisiana totaled $1.4 billion and 81 lives were lost.

1969 With sustained winds exceeding 200 mph and a 15 to 25 foot storm surge, Hurricane Camille left a trail of devastation and death across Southeast Louisiana and the Mississippi Gulf Coast. Damages amounted to $1.4 billion, with 262 deaths reported.

1971 Hurricane Edith hit the Caribbean Islands as a Category 5 and by the time it reached the Louisiana coast its force had been reduced to that of a Tropical Storm with sustained winds of 40 mph.

1974 Hurricane Carmen affected Southern Louisiana causing 1 fatality.

1985 Hurricanes Danny, Elena and Juan battered South Louisiana in quick succession. Aggregate damages exceeded $2.5 billion with 19 dead.

1988 The storm surge and surf generated by Hurricane Gilbert caused extensive coastal erosion and local flooding throughout South Louisiana.

1992 Hurricane Andrew passed through South Louisiana after devastating South Florida. Andrew killed 40 people and became the most destructive hurricane in American history. The storm left 250,000 people homeless and caused an estimated $30 billion in total damages. LaPlace was struck by a deadly tornado killing 2 people and injuring 32 others.

1997 Hurricane Danny, the first hurricane of the ‘97 season, affected Louisiana, Alabama, North Carolina and Virginia. Primary damage in Louisiana affected the commercial fishing industry. Estimated damages in Louisiana were $3 million. The Category One storm lasted 10 days.

2002 Hurricanes Isidore and Lili delivered a One-Two Punch to Louisiana from September to October. Isidore came ashore west of Grand Isle as a Tropical Storm and then Lili, a Category 4 as it approached the LA coastline, lost intensity and made landfall as a Category 2. Still a powerful storm, it led to widespread damage, flooding and power outages over 37 LA parishes with $170 million in damages.

2003 Tropical Storm Bill rapidly developed in the Gulf of Mexico on June 29 and made landfall on June 30 west of Cocodrie. Thousands were without power and damaging rainfall caused flooding throughout Southeast LA.

2005 Hurricane Katrina made landfall on Aug 29th, as a Category 3. Damages exceeded 75 billion, 1577 deaths. 900,000 households were without power, several bridges were destroyed, 80% of New Orleans was flooded due to breaches in 3 canal levees. MR-GO suffered 20 breaches in its levees flooding east New Orleans, St. Bernard, Plaquemines. Rainfall recorded 8-15 inches plus storm surge surrounding Lake Pontchartrain caused significant flooding in Slidell and Mandeville.

2005 Hurricane Rita made landfall on Sept 24 as a Category 3. Storm surge of 15-20 ft caused extensive damage to the coastal parishes of South Louisiana. Damages exceeded 10 billion. It was the strongest hurricane recorded in the Gulf of Mexico.

2008 Hurricane Gustav made landfall in Terrebonne Parish on Sept 1st as a Category 2 crippling 100% of its power grid. On Sept 13th Hurricane Ike’s approach to Galveston, Texas brought storm surges and flooding waters reminiscent of Hurricane Rita to the coastal parishes of Louisiana.

2012 Isaac made its first U.S. landfall August 28th near the mouth of the Mississippi River. It made a second and final landfall the next morning at Port Fourchon, Louisiana. Due to its large size, the hurricane produced a relatively large storm surge damaging nearly 60,000 homes across southeast Louisiana. The damages exceeded $ 612 million.
Hurricanes are products of the tropical ocean and atmosphere. Powered by heat from the sea, they are steered by the easterly trade winds and the temperate westerlies as well as by their own ferocious energy. Around their core, winds grow with great velocity, generating violent seas. Moving ashore, they sweep the ocean inward while spawning tornadoes and producing torrential rains and floods. In the Atlantic, Caribbean, and Gulf of Mexico, hurricane development starts in June. For the US the peak hurricane threat exists from mid-August to late October with the season officially ending November 30th.

Hurricane winds can exceed 155 mph and severely affect areas hundreds of miles inland. The wind rotates in counterclockwise direction around the center of the storm, called the “eye”, where the winds are nearly calm. The wind in an intense hurricane may exceed 150 mph with gusts above 200 mph just outside of the storm’s center. Hurricane force winds may extend out 100 miles from the center with gale force winds (39 mph or higher) extending outward 250 miles. It is the wind and low pressure that create the storm surge.

A storm surge is a great dome of water often 50 miles wide, that comes sweeping across the coastline near the area where the eye of the hurricane makes landfall. The surge, aided by the hammering effect of breaking waves, acts like a giant bulldozer sweeping everything in its path. The stronger the hurricane and the shallower the offshore water, the higher the storm surge will be. If the storm surge arrives at the same time as the high tide, the water height will be even greater. This is unquestionably the most dangerous part of a hurricane. Nine out of ten hurricane fatalities are caused by the storm surge. Hurricane Camille in 1969 produced a 25 foot storm surge which inundated Pass Christian, Mississippi.

Landfall is the term used to indicate the moment the eye of a hurricane hits land. Although the “eye” of the hurricane is deceptively calm, the most violent activity occurs in the area surrounding the eye, known as the “eyewall”. However, leading edge winds produce damage to mobile homes and lightly-constructed buildings which creates flying missiles of roofing and building materials, signs, loose outdoor items and assorted debris. Destructive hurricane-force winds often persist well inland. When a hurricane hits at a speed of 74 mph, the transaction of energy within its circulation is great. The condensation heat energy released by a hurricane in one day can be the equivalent of energy released by fusion of four hundred 20-megaton hydrogen bombs.

Perception of Risk: Over the past several years, the warning systems have provided adequate time for people on the barrier islands and coastline communities to move inland when hurricanes threaten. However, it is becoming more difficult to evacuate people from these areas because roads have not kept pace with the rapid population growth. There are 45 million permanent residents along the hurricane-prone coastline. In addition to these permanent residents, the holiday, weekend, and vacation populations swell some coastal areas 10-100 fold. The problem is further compounded by the fact that 80 to 90 % of the population, now living in hurricane-prone areas, have not ever experienced the core of a “major hurricane”. Many have been through weaker storms. The result is a false impression of a hurricane’s damage potential. This often leads to complacency and delayed actions.

In the final analysis, the only real defense against a hurricane is the informed readiness of your community, your family, and YOU.

**ATLANTIC STORMS 2017 - 2022**

<table>
<thead>
<tr>
<th>Year</th>
<th>Storms</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>Arlene, Bret, Cindy, Lee, Maria, Nate</td>
</tr>
<tr>
<td>2018</td>
<td>Don, Emily, Franklin, Rina, Sean, Tammy</td>
</tr>
<tr>
<td>2019</td>
<td>Debby, Ernesto, Florence, Gordon, Helene, Sara, Tony</td>
</tr>
<tr>
<td>2020</td>
<td>Dorian, Erin, Felix, Gabrielle, Humberto, Sebastien, Tanya</td>
</tr>
<tr>
<td>2021</td>
<td>Dolly, Edouard, Fay, Gonzalo, Hanna, Saly</td>
</tr>
<tr>
<td>2022</td>
<td>Danielle, Earl, Fiona, Gaston, Hermine, Ian</td>
</tr>
</tbody>
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SAFFIR/SIMPSON HURRICANE WIND SCALE

The Saffir-Simpson Hurricane Wind Scale is a 1 to 5 rating based on a hurricane’s sustained wind speed and estimates potential property damage. Sustained Wind Speed is defined as the average wind speed over a period of one minute measured at the same 33 ft (10.1 m) height.

<table>
<thead>
<tr>
<th>Category</th>
<th>Sustained Winds</th>
<th>Types of Damage Due to Hurricane Winds</th>
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<tbody>
<tr>
<td>1</td>
<td>74-95 mph</td>
<td>Very dangerous winds will produce some damage: Well-constructed frame homes could have damage to roof, shingles, vinyl siding and gutters. Large branches of trees will snap and shallowly rooted trees may be toppled. Extensive damage to power lines and poles likely will result in power outages that could last a few to several days.</td>
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<tr>
<td></td>
<td>64-82 kt</td>
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<tr>
<td></td>
<td>119-153 km/h</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>96-110 mph</td>
<td>Extremely dangerous winds will cause extensive damage: Well-constructed frame homes could sustain major roof and siding damage. Many shallowly rooted trees will be snapped or uprooted and block numerous roads. Near-total power loss is expected with outages that could last from several days to weeks.</td>
</tr>
<tr>
<td></td>
<td>83-95 kt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>154-177 km/h</td>
<td></td>
</tr>
<tr>
<td>3 (major)</td>
<td>111-129 mph</td>
<td>Devastating damage will occur: Well-built framed homes may incur major damage or removal of roof decking and gable ends. Many trees will be snapped or uprooted, blocking numerous roads. Near-total power loss is expected with outages that could last from several days to weeks.</td>
</tr>
<tr>
<td></td>
<td>96-112 kt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>178-208 km/h</td>
<td></td>
</tr>
<tr>
<td>4 (major)</td>
<td>130-156 mph</td>
<td>Catastrophic damage will occur: Well-built framed homes can sustain severe damage with loss of most of the roof structure and/or some exterior walls. Most trees will be snapped or uprooted and power poles downed. Fallen trees and power poles will isolate residential areas. Power outages will last weeks to possibly months. Most of the area will be uninhabitable for weeks or months.</td>
</tr>
<tr>
<td></td>
<td>113-136 kt</td>
<td></td>
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<tr>
<td></td>
<td>209-251 km/h</td>
<td></td>
</tr>
<tr>
<td>5 (major)</td>
<td>157 mph or higher</td>
<td>Catastrophic damage will occur: A high percentage of framed homes will be destroyed, with total roof failure and wall collapse. Fallen trees and power poles will isolate residential areas. Power outages will last for weeks to possibly months. Most of the area will be uninhabitable for weeks or months.</td>
</tr>
<tr>
<td></td>
<td>137 kt or higher</td>
<td></td>
</tr>
<tr>
<td></td>
<td>252 km/h or higher</td>
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STORM SURGE INUNDATION MAPPING

Storm Surge Inundation Mapping - focuses directly on conveying the depth of inundation expected at the coast and inland. The National Hurricane Center will introduce storm surge warnings in its hurricane forecasting this year. PAY ATTENTION TO THE WARNINGS and EVACUATE EARLY.

The storm surge is water that is pushed onto shore by a hurricane. It is rarely a “wall of water” as often claimed, but rather a rise of water that can be as rapid as several feet in just a few minutes. The storm surge moves with the forward speed of the hurricane—typically 10 - 15 mph. This wind-driven water moving at 10 - 15 mph has tremendous power. A cubic yard of sea water weighs 1,728 pounds—almost a ton. A one-foot deep storm surge can sweep your car off the road, and it is difficult to stand in a six-inch surge. The storm surge can begin to rise a day before the storm hits, cutting off escape routes when low-lying highways are flooded. The storm surge depends greatly upon the size and intensity of a hurricane, the angle that it approaches the shore at, the width and slope of the continental shelf. A shallow slope will potentially produce a greater storm surge than a steep shelf. Louisiana’s Coastline has a very wide and shallow continental shelf.

Hurricane Katrina - Louisiana landfall - Category 3 - 28ft storm surge
Hurricane Charley - Florida landfall - Category 4 - 6-8ft storm surge

- Storm Surge Vulnerability Facts
  - From 1990-2008, population density increased by 32% in Gulf coastal counties, 17% in Atlantic coastal counties, and 16% in Hawaii (U.S. Census Bureau 2010)
  - Much of the United States’ densely populated Atlantic and Gulf Coast coastlines lie less than 10 feet above mean sea level
  - Over half of the Nation’s economic productivity is located within coastal zones
  - 72% of ports, 27% of major roads, and 9% of rail lines within the Gulf Coast region are at or below 4 ft elevation. A storm surge of 23 ft has the ability to inundate 67% of interstates, 57% of arterials, almost half of rail miles, 29 airports, and virtually all ports in the Gulf Coast area
HURRICANE WATCH: hurricane conditions are possible in the specified area of the watch usually within 48 hours.

When a Watch is Issued:
- Review your family disaster plan.
- Assign family members tasks to accomplish your disaster plan.
- Check often for official bulletins with local news media.
- Fuel car, check all fluids, and tire pressure (including spare).
- Check mobile home tie-downs.
- Check disaster supply kits (car, home, evacuation).
- Fill critical medicines.
- Store water.
- Fill every available space in your freezer with water. Using plastic ziplock bags allows you to mold the containers in odd shaped spaces. This will preserve your frozen items longer in case of a power outage and will be an additional source of water.
- Turn your freezer’s temperature gauge to maximum.
- Locate all important documents and store in waterproof containers.
- Have a cash on hand reserve available.
- Purchase extra film and store in the freezer for later use.
- Move small boats to safe shelter.
- Secure all items outdoors.
- Install temporary shutters on all windows and glass doors.
- Make evacuation reservations.
- Secure provisions for your animals.
- Alert your out-of-state communication center person / persons.

HURRICANE WARNING: hurricane conditions are expected in the specified area of the warning usually within 36 hours.

When a Warning is Issued:
- Stay on task with your disaster plan.
- Continue to monitor local news media.
- Move valuables to upper floors.
- Remove valuables from attic storage.
- Fill containers (bathtubs, sinks, bottles, etc.) for additional water resources.
- Garage or store vehicles you leave behind.
- Take pictures off walls and store in available closets or drawers.
- Count all lines (power, phone, cable, etc.) leading to your home and write it down in a visible place.
- Fill inground swimming pools, add extra chlorine, turn off pumps, and cover exposed motors.
- Leave your mobile home.
IF YOU EVACUATE... shut off water, gas and electricity at the main source. Leave during daylight hours if possible.

IF YOU STAY... tune to local news media, keep calm, stay indoors (even if the “eye” passes directly in your path), shelter your family in the house opposite of the wind’s direction.

WHEN THE HURRICANE STRIKES:

• Stay indoors
• Avoid using the phone
• Don’t attempt to drive anywhere
• Don’t weather the storm in your boat or recreational vehicle

AFTERMATH OF THE HURRICANE:

• Recount all lines leading to your home, immediately report loose or dangling power lines to the proper authorities.
• If your power is out allow a reasonable amount of time to report the outage.
• Stay where you are if it is safe until authorities give the “all-clear”.
• Stay tuned to local news media for constant updates regarding the situations at hand. They will provide you with up-to-the-minute information regarding medical help, feeding programs, and general assistance that may be needed for your family and community. Inspect your utility systems, report any potentially dangerous hazards.
• Keep your family together and talk about the experience as much as possible in a positive way.
• Be aware of the stress and fatigue catastrophic events produce. Eat foods that are high-energy, drink lots of fluids (especially those designed to replace sodium and potassium loss). Remember nursing moms, children and the elderly need more liquids than the average person.
• Check on your neighbors, as people often become isolated during disasters.
• Do not go sightseeing, the roads are filled with debris and you can hamper the recovery operations.
Tornadoes are nature’s most violent storms. It appears as a rotating, funnel-shaped cloud that extends to the ground with whirling winds that can reach 300 mph. Damage paths can be in excess of one mile wide and 50 miles long. They most often appear during late spring and summer, usually in late afternoon. They are generally associated with thunderstorm or hurricane activity but can occur alone.

**Tornado Watch:** means conditions are favorable for the formation of this type of storm.

**Tornado Warning:** means a tornado has been spotted...be prepared to take shelter.

**How to Prepare:**

- Ask about community warning signals.
- Always have a battery powered NOAA weather radio and extra batteries on hand.
- Learn the designated shelters in places you and your family spend time, such as malls, public buildings, nursing homes.
- Learn whether your children’s schools have been inspected for shelter space by an engineer or architect and know the school plan of action.
- Always have an emergency supply kit on hand.
- Make an inventory of your possessions and keep in a safe place away from premises.
- Teach all family members an out-of-state contact phone number in the event you are separated. This provides you with a central point of communication away from local phone line outages.
- Tune to local news media.

**Things to Do:**

- If you are home, go into an interior room, such as a closet or bedroom, away from windows, doors and outside walls. For extra protection get under a sturdy piece of furniture. Protect your head.
- If you are away from home take shelter in a steel frame or reinforced concrete building.
- If you are outside, lie flat in a ditch, and protect your head.
- If you are in a high-rise building, go to a small interior room or hallway on the lowest floor possible.

**Don’t:**

- Try to outdrive a tornado; they are erratic and move swiftly.
- Stay in a car or mobile home.
- Stay in a building with a wide roof span.
Lightning is one of nature’s most fascinating phenomena, but it is also one of the most dangerous. Lightning accounts for over 200 deaths in the United States alone each year. Lightning always accompanies a thunderstorm. It is estimated that lightning hits the Earth 100 times each second. That’s 8.6 million strikes per day and over three billion strikes each year!! Lightning is five times hotter than the sun. A single bolt can reach 50,000 degrees Fahrenheit.

BEFORE THE STORM...

• Know the parish in which you live and the names of nearby cities. Severe weather warnings are issued on a parish basis.
• Check the weather forecast before leaving for extended periods outdoors.
• Watch for signs of approaching storms.
• If a storm is approaching, keep a NOAA weather radio or AM/FM radio with you.
• Postpone outdoor activities if thunderstorms are imminent.
• Check on those who have trouble taking shelter.

WHEN THUNDERSTORMS APPROACH...

• Remember: if you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately!
• Move to a sturdy building or car. Do not seek shelter under a tree.
• Get out of boats and away from the water.
• The current associated with a lightning strike can travel through power, cable, and telephone lines. It is advisable to stay off the telephone and avoid using a computer, television, or other electrical appliances during thunderstorms.
• Do not take a bath or shower.
• Turn off air conditioners. Power surges from lightning can overload the compressors.
• Get to higher ground if flash flooding or flooding is possible. Once flooding begins, abandon cars and climb to higher ground. Do not attempt to drive to safety. Note: Most flash flood deaths occur in automobiles.
• If you are outside, crouch down on the balls of your feet when you feel your hair stand on end.

To figure out the distance of a lightning strike from where you are: count the seconds from when you see the flash to when you hear the thunder. Divide the number of seconds by five. 1 mile = approximately 4.8 seconds.
To minimize damage to property and loss of life, the National Weather Service will issue a FLASH FLOOD WATCH. A FLOOD WATCH is issued when local flooding can be expected within 12-24 hours. A FLOOD WARNING is issued when flood waters are expected to exceed flood stage at any point on rivers and bayous. Most flood warnings will be issued 24-60 hours in advance of the crest. For your own well being and that of others, please take flooding very seriously.

WHEN FLOODING IS PREDICTED FOR YOUR AREA:

• Check TV and radio often for official bulletins.
• Fuel car.
• Check mobile home tiedowns.
• Adjust moorings on watercraft or move to safer shelter.
• Stock up on canned provisions.
• Check supplies of special medicines and drugs.
• Check batteries for radio and flashlights.
• Secure lawn furniture and other loose material outdoors.
• Elevate lawn equipment and machinery.
• Inventory flood protection supplies and equipment.
• Plan a place to meet in case you and your family are separated.
• Have an evacuation plan - know how to get to high ground fast.

WHEN A FLOOD WARNING IS ISSUED:

• Stay tuned to TV and radio for official bulletins.
• Move valuables to upper floors or attic.
• Raise appliances above predicted flood levels.
• Bring in pets.
• Fill containers with several days supply of drinking water.
• Use the phone only for emergencies.
• Implement a flood protection plan (sandbagging, wrapping, closing levee gaps).
• Monitor local storm drains and clear debris to facilitate runoff.

Debris in local storm drains or storm sewers can cause flood waters to back up and inundate areas that normally do not flood. Debris is not limited to natural materials. Garbage cans, children’s toys and balls, metal roofing material, lawn furniture, landscape timbers and other items have been found in drains blocking storm water and causing flooding. Your local public works department monitors major drainage canals in your area to keep debris clear to facilitate drainage. It is your responsibility to monitor local drains and remove debris!
STAY OR LEAVE
When a flood threatens your area, you will have to make the decision to either evacuate or stay safely at home.

IF LOCAL AUTHORITIES RECOMMEND EVACUATION, YOU SHOULD LEAVE IMMEDIATELY!
• Shut off water and electricity at main source and lock up.
• Take small valuables and papers, but travel light.
• Provide for animals and pets that shelters will not take.
• Use recommended evacuation routes. Do not drive through standing or flowing water, and barricaded streets.

DURING THE FLOOD EVENT:
• Stay tuned to the TV and radio for information and official instructions.
• Stay out of disaster areas.
• Do not drink tap water until it has been determined to be safe.
• Do not attempt to travel until roads have been declared open.
• Drive carefully along debris-filled streets. Roads may be undermined and may collapse under weight.
• Stay clear of any downed or low hanging power lines, and report them to the power company.
• Report broken sewers or water mains to the water department.
• Be exceptionally careful to prevent fires: lower water pressure may make fire fighting difficult.
• Do not use the telephone except for emergencies.
• Check with neighbors to see if help is needed.
• When cooking without gas or electricity, good ventilation is extremely important. Bottled gas burners or several candles taped together are safe and efficient. The use of portable grills is strongly discouraged. NEVER burn charcoal indoors. Always have a fire extinguisher handy.

RETURNING TO YOUR FLOOD DAMAGED HOME: USE EXTREME CAUTION!
• Before entering a damaged building, check for structural damage and possible imminent collapse.
• When entering a damaged building, do not use an open flame as a light source.
• Be sure children are safe and in good hands.
• Keep chemicals used for disinfecting and poisons, used for insect and rodent control, out of the reach of children.
• Wear protective clothing and rubber gloves when cleaning.
• Disconnect main electrical switches and circuits. Remove covers from all outlets and fuses or multi-breaker boxes. When dry, spray outlets and boxes with contact cleaner/lubricant.
• Check refrigerated foods for spoilage if power has been off during the event.
• Assume that water supplies are contaminated.

If your house repetitively or substantially floods, you may want to consider taking some sort of permanent mitigation action to greatly reduce or eliminate flooding to your structure. Protective measures can range from low cost techniques to reduce the expense of flood damage to more expensive methods to eliminate the probability of flooding. Some of these methods are as follows:
Minimizing flood losses:

- Keep concrete blocks or milk crates handy to raise furniture.
- Replace carpeting with tile or other flood resistant flooring.
- Elevate air conditioning compressor and condenser on blocks.
- Locate electrical outlets higher up on walls to prevent water from intruding.

Floodproofing your home:

There are several new floodproofing technologies available to effectively seal flood waters out of your house that are less expensive and less intrusive than other measures. By using a waterproof membrane to seal the lower 3’ of the structure and a series of closures (also known as flood doors) to block any doors or openings, low level floods up to 3’ depths can be eliminated.

Elevating your home:

Elevation of a structure is one of the most common mitigation techniques utilized to reduce the risk of flooding. An elevation done correctly places the living area above all the most severe or substantial floods. Any structure can be elevated; pier and beam construction, concrete slab, mobile home, and other type structures have been done throughout Louisiana. Although more expensive than other flood mitigation techniques, elevation offers the highest level of flood protection for your home.

 ✓ KNOW YOUR RISKS

LSU/AG CENTER’S MAPPING TOOLS - HTTP://MAPS.LSUAGCENTER.COM/FLOODMAPS/

The LSU AgCenter FloodMaps system is unique in that it integrates flood risk information with ground elevation data (provided by a service of the US Geological Survey) and basic wind speed (derived from the 2003 International Residential Code and produced as a service by the LSU AgCenter).

CPRA’s Flood Risk & Resilience Viewer: https://cims.coastal.louisiana.gov/floodrisk

Learn how flood risk impacts your community today and in the future. Learn how to make your community safer and more resilient.

National Flood Insurance Website: www.FloodSmart.gov

One stop resource - Learn your individual risk, estimate your cost to insure, find an agent, file a claim.
To survive a disaster you need to create your own disaster plan. A plan that fits your lifestyle; one that is so well rehearsed that it becomes a reflex. We believe that your disaster plan can be developed in 10 steps or stages.

**Step 1:** Decide Where You Will Go

**Step 2:** Learn the Evacuation Routes and Procedures

**Step 3:** The Survival Kit

**Step 4:** Preparing for Special Needs Family Members: 
Children, Elderly, Disabled

**Step 5:** Provisions for Animals

**Step 6:** Preparing Important Documents & Memorabilia

**Step 7:** Insurance & Property Inventory

**Step 8:** Protecting Your Home & Property

**Step 9:** Plan for Family Notification & Communication

**Step 10:** Financial Planning
STEP ONE: DECIDE WHERE YOU WILL GO

You need to decide NOW where you will go to escape the physical dangers of a storm.

a. evacuate to central or northern Louisiana
b. go to a friend or family member’s home – only if it is structurally safe and out of the risk area
c. as a “last resort” go to a designated shelter

EVACUATION CONSIDERATIONS:

1. Has your area been advised to evacuate by local and/or State Officials via radio or television?
2. When recommended to evacuate, will public shelters be available locally or outside of your parish?
3. Will you stay with a friend or relative or at a hotel out of the risk area?
4. Have you considered the extra time needed to evacuate safely and to the location of your choice?

Due to Louisiana’s decreasing coastal protection you are at risk for all storms. Listen to the advisories issued by your local officials.

Highest risk properties:
- mobile home/recreational vehicle
- low-lying inland area
- coastal dwellers
- outside of a levee protection system

REMEMBER: The key principle to a hurricane preparedness plan is knowing why, where, when, what, and how to evacuate.
STEP TWO: LEARN THE EVACUATION ROUTES & PROCEDURES

Learn what evacuation routes will be used. That means you must know the MAJOR and MINOR highways to travel.

a. decide your destination NOW so that you can familiarize yourself with the area
b. secure hotel reservations in advance and be sure to evacuate early enough to avoid the risk of losing your hotel room. Some hotels allow pets. Check first before evacuating with your animals
c. if you are evacuating with someone who has special needs, check the facility first to be sure that they can accommodate their needs
d. know the road conditions, traffic controls, and vehicular restrictions on your planned evacuation route

STATE POLICE GENERAL EVACUATION ADVISORY:
Citizens are urged to track all storms and follow official advisories well in advance of the projected landfall. Pay particular attention to the direction, speed and strength of the hurricane and the position of the outermost edge of the storm, NOT THE EYE. Remember, during evacuation procedures the roadways will be closed by authorities once travel becomes unsafe due to gale force winds, heavy rainfall and storm surge. Be aware that routes incorporating bridges, elevated lanes and coastal highways are most susceptible to high winds and may become impassable, even in the early stages of a storm.

STATE POLICE ADVISORY FOR RECREATIONAL/SPECIAL USE VEHICLES:
During emergency evacuation procedures boat trailers, horse trailers, motor homes, motorcycles and similar special use vehicles pose unique problems which can be avoided by advance planning and preparation. It is important to consider that these vehicles may not only be difficult to maneuver in congested traffic conditions, but also that evacuation routes over bridges, elevated roadways and flat unbroken terrain will be subject to high winds that will make movement potentially hazardous. In fact, it is probable that after actual evacuation procedures are underway access to affected bridges and highways by these types of vehicles will be denied by public safety officials.

The following tips are offered to citizens wishing to remove special use vehicles from harm’s way. This list is not intended to be all-inclusive; citizens are directed to contact local or state police and emergency management offices for timely and detailed instructions pertinent to specific incidents. As always in emergency conditions, common sense and sound judgment must prevail.

- Identify in advance a storage location at minimum safe distance.
- Learn alternate evacuation routes and utilize them early to avoid dangerous congestion and denied access to certain highways.
- Maintain and inspect vehicles regularly to ensure safe and reliable operation.
- Equip vehicles with serviceable emergency items such as spare tires, jacks, lug wrenches, flares, tie-downs, extra fuel, necessary tools, etc.
- Remember: Property considerations are secondary to the health and safety of human lives!
STEP THREE: THE SURVIVAL KIT

WATER • FOOD
FIRST AID SUPPLIES
CLOTHING & BEDDING
TOOLS & EMERGENCY SUPPLIES
SPECIAL NEED ITEMS

FOOD
- fruits: canned, dried & fruit rollup
- vegetables: canned
- meats and fish: canned or dried
- milk: long shelf life boxed milk, powdered, evaporated
- juices: canned and bottled
- gatorade, 10-K, etc. Heavy work in hot conditions requires liquids to replenish fluids and salts.
- cheeses that do not require refrigeration
- peanut butter
- nuts and seeds
- crackers
- high energy snacks
- soups: canned
- pasta and rice

PERSONAL ITEMS
- washcloth and small towel
- sewing kit
- soap, toothbrushes, toothpaste, deodorant
- hair care items
- feminine hygiene supplies

SANITARY NEEDS
- paper towels, toilet paper
- liquid detergent
- disinfectant
- garbage can or bucket with tight fitting lid (emergency toilet)
- plastic garbage bags (for lining toilet)

BABY SUPPLIES (if needed)
- clothes
- diapers, baby wipes
- milk, formula, food
- disposable baby bottles & liners
- sheets, blankets, rubber pads
- portable crib
- small toys
- children’s medication

WATER
- One gallon a day per person for 7 days. Children, elderly and nursing mothers require more water.

CHILDREN’S SUPPLIES
- favorite stuffed animal, doll or toy
- crayons, coloring book, blank paper
- puzzles
- flashlight
- books
- electronic games, tablets, charger and headphones

ADULT SUPPLIES
- cards, books, needlework, magazines, stationery, postcards, stamps
- shaving kit
- mirror
- contact lens supplies
- insect repellant, insecticide
- extra eye glasses, hearing-aid batteries
- supply of cash and coins on hand

CLOTHING AND BEDDING
- appropriate for season and weather conditions
- sturdy work boots
- rain gear
- sleeping bags, pillows

COMMUNICATION, LIGHTING & SAFETY
- weather radio (battery, solar, hand crank)
- waterproof flashlights for each family member
- extra batteries
- lantern and fuel
- fluorescent distress flag
- waterproof matches
- NOAA weather radio
- cellular phone
- fire extinguisher
- work gloves
- shovel, hand saw, axe, work knife
- tarps, hammer, duct tape, nails
- inflatable raft
- mobile device chargers, portable chargers, power banks
**COOKING EQUIPMENT**

**Note: Do not attempt to cook indoors on outdoor equipment.**

- barbecue grill
- charcoal and lighter fluid
- gas grill
- extra liquid propane gas tank
- sterno stove
- outdoor cooking pots & pans
- non-electric can opener
- bottle opener
- disposable eating utensils
- disposable plates, towels, cups
- portable ice chests

**“IF ONLY WE HAD” SUPPLIES**

- chain saw, extra gas & oil
- generator, extra fuel & oil
- wet/dry vacuum cleaner

**CLEAN-UP SUPPLIES**

- digital camera to photograph your damaged home before clean-up begins. This will help you with insurance claims.
- mops, brooms, brushes, sponges
- buckets, hose
- towels, old blankets, rags
- plastic yard bags
- rubber gloves
- disinfectants, pine oil, bleach,
- lubricating oil
- hair dryer
- washing detergents, trisodium phosphate

**PAPERS AND VALUABLES**

Secure all these items in waterproof containers or ziplock bags and store safely. Make copies in the event they are lost.

- social security cards
- birth certificates
- marriage and death records
- driver’s license or legal ID
- cash and credit cards
- wills
- insurance policies
- deeds and mortgages
- stocks and bonds
- savings & checking account books
- inventory of household goods (photo, video, digital)
- small valuables: cameras, watches, jewelry
- computer backups

**FIRST AID SUPPLIES**

Keep contents in a waterproof metal or plastic container. Keep medicines tightly capped. Check periodically and replace any medication which has expired.

- first aid handbook
- band-aids
- gauze rolls, large non-stick pads
- first aid tape
- scissors, tweezers, knife, thermometer
- cotton swabs
- triangular bandages for arm sling
- splint
- ice / heat packs
- snake bite kit
- baking soda
- antibacterial soap
- latex gloves
- assortment of safety pins

**MEDICINES APPLIED EXTERNALLY:**

- hydrogen peroxide
- antibiotic ointment
- calamine lotion
- betadine
- sun block
- lip balm
- antifungal cream
- ergophine or "drawing salve" which brings splinters to surface
- eye drops
- ear drops
- nose drops
- rubbing alcohol
- prescription medicines

**MEDICINE TAKEN INTERNALLY:**

- aspirin or acetaminophen
- antacids
- cough medicine
- sore throat lozenges or spray
- laxative
- anti-diarrhea medicine
- allergy medicine
- ipecac syrup
- vitamins
- prescription medicines
STEP FOUR: SPECIAL NEED FAMILY MEMBERS: CHILDREN

One of the most important tasks you will face will be preparing your child or children for the possibility of an approaching disaster. This should be done in a non-threatening way; try to be positive and protective. Remind children that some of the toys and games they care about may be lost and emphasize that, over time, material things can be replaced.

Remember children's fears may also stem from their imagination and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable. Talk openly about what is going on. Give simple, direct answers to questions. Children have radar and know when adults are afraid or worried and not telling them the truth. They hear other adults talking. It doesn’t help to tell a child “not to worry”, yet show all the signs of worrying yourself. Take time to talk openly, honestly and often.

Give your child simple tasks to do in your preparations. This will encourage their self-esteem and help them to feel more in control of the situations they may encounter.

Here is a list of suggestions your child can do to help:

- Pack their own favorite things in a overnight bag
- Help pack the family’s evacuation supply kit
- Help pick up all their toys outdoors and store them in a safe place
- Give them the task of listening to the weather updates
- Teach them to track a storm’s path and have them be in charge of that project
- Be a helper in the boarding up of the home

Sing-along with Andy & Allie to make disaster planning fun

www.trac4la.com/trackids
trac4la - YouTube Channel
985.851.2952 / information@trac4la.com
STEP FOUR:
SPECIAL NEED FAMILY MEMBERS: CHILDREN

Recovery Process For Children

The recovery period after a disaster is a very stressful time for children and their families. If hard hit, it may take weeks or months before things return to normal.

If disaster strikes your area here are some things to remember:

Encourage children to talk:
Let children talk about the disaster and ask questions as much as they want. Encourage children to describe what they are feeling. Listen to what they say. Also watch your child at play. Often children express fear and anger when playing with dolls, trucks or friends after a major disaster. Acknowledge their feelings and encourage conversation.

Keep the family together:
While you look for housing and assistance, it would be easier to leave your children with relatives or friends. Children get anxious and worry that their parents will not return. Instead, keep the family together as much as possible and make your children a part of what you are doing to get the family back on its feet.

Include children in the recovery activities:
Give children chores that are their responsibility. This will help children feel they are part of the recovery. A child that feels part of the “family team” will be more self-assured.

Watch for changes in behavior:
If you notice persistent changes in your child’s behavior (thumb sucking, bedwetting or clinging), seek the aid of a trained professional.

Children and their families that have been taught preparedness and safety messages about disasters are better able to cope with the stress of a disaster. Prepare now it is the first step towards preventing problems later on.
### STEP FOUR:
**SPECIAL NEED FAMILY MEMBERS: ELDERLY/DISABLED**

If I Am Elderly or Disabled and Need Help In the Event of a Disaster

**CALL YOUR PARISH COUNCIL ON AGING AND REGISTER YOURSELF**

<table>
<thead>
<tr>
<th>Parish Council on Aging</th>
<th>Phone Number</th>
<th>Parish Council on Aging</th>
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STEP FOUR:
SPECIAL NEED FAMILY MEMBERS: ELDERLY/DISABLED

What About My Elderly Relatives In A Nursing Home Or Clients Of A Home Health Care Agency?

Your elderly family members in Nursing Homes or who are clients of a Home Health Care agency need assistance in preparing for a natural disaster. You need to be aware of what disaster plan is available from these agencies. Ask questions and be prepared to lend assistance to these facilities to insure the safety of your elderly relatives.

Call your local Nursing Home or Home Health Care providers and ask:

✓ If they have a disaster plan and do they hold in-house emergency preparedness training for their employees.

✓ Confirm that they have identification procedures for the patients/clients that include bands or cards. These cards/bands should include name, age, medical condition and current medications.

✓ If they have evacuation transportation services and are they renewed annually.

✓ Do they have agreements with host facilities and are they renewed annually.

✓ Is there a check list of items that will accompany clients, including an adequate supply of medications and special foods.

✓ Do they have maps with evacuation routes highlighted.

✓ Confirm that there are transfer forms for authorizing admission of nursing facility residents into a hospital when necessary.

✓ Insure that relatives, friends or neighbors who have agreed to help in emergencies are alerted and ready to assist.

Remember that your elderly family members will often be frightened and need to know where you will be during and after the emergency. Reestablish contact with them as soon as possible after the emergency has passed.

Louisiana Nursing Home Association
Do you need to locate a love one who has evacuated or find available nursing home placements? Call 225-927-5642
STEP FOUR:
SPECIAL NEED FAMILY MEMBERS: ELDERLY/DISABLED

Elderly, homebound elderly, and disabled citizens in South Louisiana Parishes have special needs, especially in disaster or crisis situations.

Many cannot physically evacuate or may not understand that they must leave their homes in order to survive.

Government recognizes that elderly and disabled populations do have special needs, but because of the increasing numbers it would be impossible to provide aid to everyone without the “Buddy System.”

WHAT IS THE “BUDDY SYSTEM”?  

The “Buddy System” is…

...A CARE PROGRAM of relatives, neighbors, and friends, that offers assistance to someone in need or who cannot help themselves during emergencies, hurricanes or other times of crisis.

... A COMMUNICATION DEVICE that allows elderly, disabled, homebound or persons with language barriers to reach out to someone to help them.

What can I do to help?  

Become a “buddy” and help special needs citizens prepare before hurricane season begins by educating them and helping with any physical work needed in preparing their homes and property. Help them to shop for their necessary supplies. Post their disaster action plan “check list” in a visible location as a reminder. This tool will also help a “Buddy” when the emergency arises.

Bring your special needs family members, friends, and neighbors with you when you evacuate, if at all possible.

Call TRAC TODAY to receive your free BUDDY GUIDE... YOU CAN BE A BUDDY TOO!
985.851.2952 • information@trac4la.com
STEP FOUR:
SPECIAL NEED FAMILY MEMBERS: ELDERLY/DISABLED

Elderly/Disabled Check List
UPDATE EVERY YEAR BEFORE HURRICANE SEASON

PURCHASE
- One-Month Supply of Medications and Instructions
- One-Month Supply of Medical or Special Sanitary Needs
- One-Month Supply of Special Dietary Needs
- Hurricane Supplies: food, water, flashlight, batteries

UPDATE
- Name, address & phone of designated family member/ friend to contact
- Medication List
- Special Doctor’s Orders with their contact information
- Health Insurance Policy Information
- Register with Council On Aging
- Register for Evacuation Program
- Sheltering Information
- Evacuation Plan

STORE
PAPER AND VALUABLES
Secure all these items in waterproof containers or ziplock bags and store safely. Make copies in the event they are lost.
- Social Security Cards
- Birth Certificates
- Marriage & Death Certificates
- Driver’s Licenses or Legal ID
- Cash and Credit Cards
- Wills
- Insurance Policies
- Deeds & Mortgages
- Stocks & Bonds
- Savings & Checking Books
- Inventory of Household Goods (photo, video, digital)
- Small Valuables: (jewelry, computer backups, cameras)
STEP FIVE: PROVISIONS FOR ANIMALS

PESTS: BEFORE AN EMERGENCY DEVELOPS — it is important that you include a plan of action for your pets. Depending on your circumstances and the nature of the emergency the first important decision you make is whether you stay put or get away. You should understand and plan for both possibilities.

IF YOUR CHOICE IS TO STAY HOME, remember to shelter your pets inside with you. Store a 5-day supply of food and water for both you and your pets.

IF YOU MUST EVACUATE, take your pets with you. Pet-friendly shelters may be opened during an evacuation. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. This information will be available at Emergency Shelter Information Points along Hurricane Evacuation Routes throughout the State (see page 41).

PLAN IN ADVANCE FOR SHELTER ALTERNATIVES, that will work for both you and your pets.

PLACES YOUR PET CAN STAY:
- A friend or family member’s home in a safe inland area.
- A motel/hotel that allows pets.
- A kennel out of the risk area.

PET SUPPLY KIT:
- ID collar or microchip
- Current medical records
- Pet carrier or cage
- Leash
- Favorite toy & bedding
- Feeding & water bowls
- Food / water
- Medicines & 1st aid kit
- Extra newspaper & plastic trash bags (for cleanup)
- Cleaners & disinfectants
- Current photo of you and pet
- Kitty litter & scoop

WHEN YOU RETURN, IF YOUR PET IS MISSING OR YOU FIND A LOST PET CONTACT YOUR LOCAL ANIMAL CONTROL.

PET FRIENDLY LODGING
- www.petswelcome.com
- www.1clickpethotels.com
- www.petsontthego.com

MORE INFORMATION REGARDING THE SAFETY OF YOUR PET, PLEASE CONTACT THE LOUISIANA SPCA AT 504-368-5191 • www.la-spca.org
STEP FIVE: PROVISIONS FOR ANIMALS

LIVESTOCK:
Evacuate livestock whenever possible. Arrangements for evacuation, including routes and host sites, should be made in advance. Alternate routes should be mapped out in case the planned route is inaccessible.

The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment, and facilities.

Trucks, trailers, and other vehicles appropriate for transporting each specific type of animal should be available, along with experienced handlers and drivers, to transport them. Whenever possible, the animals should be accustomed to these vehicles in advance so they’re less frightened and easier to move.

It is also probable that after actual evacuation procedures are under way, the public safety officials may deny transport vehicles access to certain routes affected by high winds.

If evacuation is not possible, you must decide whether or not to move large animals to available shelters or turn them outside. You should base your decision on the soundness and location of the shelter.

All animals should have some form of identification. Also include in your emergency plans a list of the local agencies that can assist you if disaster strikes.

WILDLIFE:
Not only pets are affected by disaster, but other animals in the disaster area are affected as well. Wild animals often seek higher ground which, during floods, eventually become submerged and the animals are stranded. You can leave food appropriate to the species. Wildlife often seek refuge on upper levels of a home and may remain inside even after the water recedes. If you meet a rat or snake face to face, be careful but don’t panic. Open a window or other escape route and the animal will probably leave on its own. NEVER attempt to capture a wild animal unless you have the training and necessary equipment to perform the job. If you need help evicting your wild visitor, please contact your local Animal Control Center.

BIRDS:
Birds must eat daily to survive. Talk with your veterinarian or local pet store about special food dispensers that regulate the food supply. Make sure your bird is caged and the cage is covered with a thin cloth to provide security and filtered light.
STEP SIX:
PREPARING IMPORTANT DOCUMENTS & MEMORABILIA

DOCUMENTS
Secure all these items in waterproof containers and store safely or take with you if you evacuate. Make additional copies in the event they are destroyed.

- social security cards
- birth certificates
- marriage & death records
- driver’s license
- cash & credit cards
- wills
- insurance policies
- deeds & mortgages
- stocks & bonds
- bank account records
- property inventory
- small valuables: cameras, jewelry
- computer backups

MEMORABILIA

Anything that is not replaceable should be protected.

Family photographs of generations past, your children’s mementos, or valuable heirlooms cannot be replaced. Placing these items in safe storage, such as a safety deposit box, is a wise choice. The greatest material loss in any disaster are those items that hold you and your family’s memories deep within them. Protect these treasures with your heart.
STEP SEVEN:
INSURANCE & PROPERTY INVENTORY

INSURANCE:
Appropriate and adequate insurance is an important component in recovering after a disaster. Ask your insurance agent for a review of your current policy. Upgrading your policy to maximize your coverage will minimize your losses during a disaster's aftermath.

There are 4 types of property insurance available on the market today:

1. HOMEOWNER'S INSURANCE:
Usually covers losses caused by wind, storm, broken water pipes, but not surface flooding. Some policies may cover basement flooding caused by sewer backup or sump pump failure. In coastal areas some insurance companies are unable to include wind & hail coverage directly. An additional policy for that particular coverage must be purchased.

2. WIND & HAIL INSURANCE:
Covers losses in coastal areas from the winds of a storm. This is an underwritten policy provided to homeowners when their main insurance provider is unable to include this coverage in their homeowner's policy.

3. FLOOD INSURANCE:
All flood insurance policies are underwritten by the National Flood Insurance Program. This policy is available in communities that adopt and enforce floodplain management regulations to reduce future flood damage. All Southeast Louisiana parishes are participating communities. There is a 30 day waiting period before policy is activated.

4. RENTER'S INSURANCE:
Insurance on the contents of your rental unit is available through a property protection policy. Flood insurance is also available to cover your contents through the National Flood Insurance Program.

PROPERTY INVENTORY:
This project is crucial to the recovery of your losses after a disaster. NOW IS THE TIME to properly record your property and personal possessions. This can be done by photo, video, digital, or a manual record.

INVENTORY INFORMATION SHOULD INCLUDE:
1. Date, value, and serial numbers of purchases
2. Value for each of your personal belongings
STEP EIGHT:  
PROTECTING YOUR HOME & PROPERTY

Four areas of your home are most vulnerable to wind damage: windows, doors, garage doors, and roof gable ends. If hurricane winds enter any opening, damage is much more likely to occur due to increased internal pressure and uplifting on walls and roof supports. **MAKE SURE ALL WINDOWS, DOORS AND OPENINGS ARE COMPLETELY CLOSED, COVERED AND BRACED.**

**Exterior Windows:**
The best covering for your windows is some sort of shutter. Temporary shutters should be constructed from 5/8 inch plywood and should overlap the window by at least four inches on every side. Nailing the plywood to the house is adequate to use in haste, but bolting to the house ensures the plywood will not become detached.

**Large Windows - Glass Doors:**
To further reinforce plywood over large windows and glass doors, bolt a two-by-four reinforcing beam across the plywood and angle another two-by-four from the reinforcing beam to a stake firmly embedded in the ground.

**Garage Doors:**
Check with your local supplier for a manufacturer’s retrofit kit or if this is not available install horizontal bracing onto each panel at its weakest point.

**Roof Gable Ends:**
Cover the openings of a home’s gabled ends using the same temporary shutter procedures for exterior windows. The lesson learned from Hurricane Andrew was many gabled end homes were severely damaged when the wind blew in the window and allowed strong updrafts to rip off roofs.

STOP THE MYTH

Taping your windows does not protect them from anything! Windows are normally broken and destroyed by wind driven debris that tape will not deflect. Broken glass caused by wind driven debris creates an extremely sharp flying weapon. The only way to protect your windows and home is to shutter or board windows to keep the hurricane outside.

**HOME HAZARD HUNT:**
During a storm ordinary objects can cause injury or damage. Anything that can move, fall, break or cause a fire is a home hazard. Inspect your home and fix any potential hazards. Teach all responsible family members the correct way to shut off all utilities in your home at the main source.
STEP EIGHT: PROTECTING YOUR HOME & PROPERTY

PROTECTING YOUR ROOF:
Regardless of your type of roof, hurricane straps are designed to increase the strength of the roof against uplifting forces. Hurricane straps are a galvanized metal bracing material that are designed to hold the roof joist to the top plate and enhance the bonding strength beyond that of regular nails. By placing these straps on every joist or every other joist will increase the strength of your roof 50% - 75%. In many regions hurricane straps are part of the building code for new construction and substantial renovations. Check in your attic to see if your home has these protective straps. Retrofitting your home with hurricane straps may be difficult for homeowners to install properly. It’s worth the investment to have these hurricane straps installed. Contact your local builders before hurricane season begins.

OUTDOOR PROPERTY PLAN:
Small items, such as children’s toys, potted plants, lawn chairs may cause property damage and injury to persons if left loose outside during a hurricane. Survey your outdoor property and decide what you will do with the loose items. Make an action plan of what they are, how and where you will store or secure them. Post your plan in a visible place so that all family members can participate when the time to execute it arises. This will only take a few minutes but will limit the damage to both you and your neighbor’s property.

BOATS AND AUTOS:
Never attempt to ride out the storm in a boat or a car. More people are killed or injured inside vehicles due to natural disasters every year because they think they are safe. If possible, remove your boat from the water and park the boat and car in a garage or far away from trees and known areas that flood. If time permits, lengths of rope may be pulled over the boat and staked to the ground. An extra car may be staged away from your home for use if it is doubtful that you will be able to return home immediately after the storm.

TREES:
Trees present a dilemma when it comes to disaster preparedness. Although they provide cool shade during the summer and help to lower utility bills, trees that are close to or hang over your house are more likely to cause severe damage in coastal regions. Large trees and limbs should be removed periodically to prevent roof damage or crushing of your house during a storm. A periodic tree maintenance check will help you keep on top of possible falling trees and limbs.
STEP NINE:
PLAN FOR FAMILY NOTIFICATION & COMMUNICATION

Communication networks, mobile phones, tablets can be unreliable during disasters. Electricity can be disrupted making use of these devices more complicated. Your plan MUST ENSURE that all members of your household, including children, elderly, members with disabilities or functional needs, outside caregivers KNOW HOW TO REACH EACH OTHER and WHERE TO RE-GROUP in an emergency situation.

1. SHARE CONTACT INFORMATION: phone numbers, email addresses, social media. Create paper copies of contact information and make sure everyone has a copy before the emergency event.

2. CHOOSE ONE OUT-OF-STATE CONTACT - This person/s will be your communication message center during the disaster event. Criteria for choosing the best person/s for this critical task:
   - Can operate under stress
   - Has Call Waiting and Voice Mail on phone service
   - Can relay messages via text and other social media platforms
   - Has a printed copy of your household’s Shared Contact Information

3. CREATE A GROUP LIST FOR EMERGENCY COMMUNICATION on mobile phones and other devices.

4. RE-GROUPING LOCATION PLAN - In the event that you are separated from one another, have a re-grouping location picked out. This is especially important for families with member working out of the area, offshore, and emergency service providers.

TIPS FOR COMMUNICATING IN DISASTERS:

TEXT IS BEST

PHONE CALLS - Keep calls brief and wait 10 seconds before redialing a number to avoid excess data to cell sites. This contributes to clogged networks.

USE INTERNET TO COMMUNICATE - email, Twitter, Facebook, and other social media networks. These channels allow you to share information quickly to a widespread audience.

CONSERVE BATTERY LIFE FOR ALL MOBILE DEVICES - turn off apps, switch to airplane mode, dim screen
STEP TEN: FINANCIAL PLANNING

Most people assume that “a disaster will never happen here” or “we just had a bad one a few years ago, nothing will happen this year”. The fact is, in Louisiana, a parish is declared a major disaster every 1.1 years! How does this impact you? If you are not financially prepared to sustain yourself or your family for several days or even weeks outside of your home, it could spell trouble when a disaster does occur. The government can only react so fast to the disaster needs of individuals. As a potential disaster victim, you should be financially prepared to protect yourself from an impending disaster.

The following breakdown details the expenses for a family of four with a person that may require some sort of special assistance:

Disaster Supplies Kit:
This kit includes your basic supplies such as water, food, first aid, clothing, bedding, tools, emergency supplies and special needs items. Most of these supplies can be found in and around your home, however, you should anticipate spending about $300 or more on the items you don’t already have. (see step 3 - pgs. 18-19)

Securing the Home:
If your home does not have hurricane shutters the average cost to secure the vulnerable openings are as follows: Windows: $20.00 Doors: $40.00. Costs for these items may seem excessive, but compared to the cost of repairing your home, with or without insurance, it is minimal.

Evacuation:
Cost of evacuating out of the risk area would include fuel expenses, eating in restaurants and staying in hotels; if you do not go to a shelter. Motel/Hotels average $70-$125 per night. If bringing pets add $10.00 per day per pet for housing fees.

Critical Medicine:
If you require special medication add to your budget the cost for a month's supply.

Cash - on - hand:
It’s a good idea to include this because during the event of a power outage the use of credit cards and bank cards could be limited. Caution should be exercised when carrying cash to ensure you are not the victim of a criminal.

Decrease in Earnings:
You must also budget for a decrease in revenue. Unfortunately, you may be out of work for a few weeks. Consider a loss of wages.

FOR MORE INFORMATION ABOUT DESIGNING YOUR PERSONAL 10-STEP DISASTER SURVIVAL PLAN

WATCH TRAC’S -
“Vanishing Coast, Vanishing Safety...Surviving Louisiana Storms”
Check your local TV/Cable Listings throughout HURRICANE SEASON
OR Visit a public library nearest you and rent it FREE
OR View Online at TRAC’s Multi-Media Room:
www.trac4la.com
WHAT IS EMERGENCY MANAGEMENT?

THE OFFICES OF HOMELAND SECURITY/EMERGENCY PREPAREDNESS are responsible for the coordination of those actions needed to protect the lives and property of its residents when threatened from natural disasters, as well as man-made occurrences such as hazardous material incidents.

This coordination is possible through the development and constant updating of an Integrated Emergency Operating Plan that effectively combines all Parish Department Operations along with those of other service agencies during emergencies. Hazards analysis, mitigation efforts, preparedness, response and recovery procedures for all the potential hazards that could threaten our parishes are the year-round planning efforts performed and executed by the staff.

The Office of Homeland Security/ Emergency Preparedness operates from the Parish’s Emergency Operating Center (EOC). It is the primary site for direction and control of emergency operations. The EOC linked with the 911 Communications Center, sheriff, police, fire, medical and all parish service departments work together to form the parish’s emergency team.

OHSEP STAFF AND EOC LOCATIONS:

<table>
<thead>
<tr>
<th>OHSEP</th>
<th>DIRECTOR</th>
<th>WEBSITE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acadia</td>
<td>Lee Hebert</td>
<td><a href="http://www.appj.org">www.appj.org</a></td>
<td>500 NE Court Circle, Crowley 70527</td>
</tr>
<tr>
<td>Assumption</td>
<td>John Boudreaux</td>
<td><a href="http://www.assumptionoep.com">www.assumptionoep.com</a></td>
<td>105 Dr. MLK Dr., Napoleonville 70390</td>
</tr>
<tr>
<td>Avoyelles</td>
<td>Joseph Frank</td>
<td><a href="http://www.avoyj.org">www.avoyj.org</a></td>
<td>312 North Main St., Marksville 71351</td>
</tr>
<tr>
<td>Beauregard</td>
<td>Glen Mears</td>
<td><a href="http://www.beauparish.org/">www.beauparish.org/</a></td>
<td>412 Mayeaux Dr., DeRidder 70634</td>
</tr>
<tr>
<td>Jefferson</td>
<td>Joseph Valiente</td>
<td><a href="http://www.jeffparish.net">www.jeffparish.net</a></td>
<td>910 3rd Street, Gretna 70053</td>
</tr>
<tr>
<td>Lafourche</td>
<td>Josh Champagne</td>
<td><a href="http://www.lafourchegov.org">www.lafourchegov.org</a></td>
<td>4876 Hwy 1, Mathews 70375</td>
</tr>
<tr>
<td>Orleans</td>
<td>Aaron Miller</td>
<td><a href="http://www.nola.gov">www.nola.gov</a></td>
<td>1300 Perdido St., New Orleans 70112</td>
</tr>
<tr>
<td>Plaquemines</td>
<td>Patrick Harvey</td>
<td><a href="http://www.plaqueminesparish.com">www.plaqueminesparish.com</a></td>
<td>8056 Hwy 23 Ste. 308, Belle Chasse 70037</td>
</tr>
<tr>
<td>Rapides</td>
<td>Sonya Wiley-Gremillion</td>
<td><a href="http://www.rppj.com">www.rppj.com</a></td>
<td>4216 Ellis St., Alexandria 71302</td>
</tr>
<tr>
<td>St. Bernard</td>
<td>John Rahaim Jr.</td>
<td><a href="http://www.sbpg.net">www.sbpg.net</a></td>
<td>8201 W. Judge Perez Dr., Chalmette 70043</td>
</tr>
<tr>
<td>St. Charles</td>
<td>Joe Ganote</td>
<td><a href="http://www.stcharlesparish-la.gov">www.stcharlesparish-la.gov</a></td>
<td>15026 River Rd., Hahnville 70057</td>
</tr>
<tr>
<td>St. Francis</td>
<td>Francis Hymel</td>
<td><a href="http://www.stjamesla.com">www.stjamesla.com</a></td>
<td>5800 Hwy 44, Convent 70723</td>
</tr>
<tr>
<td>St. John the Baptist</td>
<td>Jobe Bouchalet</td>
<td><a href="http://www.sjbparish.com">www.sjbparish.com</a></td>
<td>1801 West Airline Hwy, LaPlace 70068</td>
</tr>
<tr>
<td>St. Landry</td>
<td>Lisa Vidrine</td>
<td><a href="http://www.stlandryparish.org">www.stlandryparish.org</a></td>
<td>780 Hwy 742, Opleousas 70570</td>
</tr>
<tr>
<td>St. Martin</td>
<td>Terry Guidry</td>
<td><a href="http://www.stmartinohep.org">www.stmartinohep.org</a></td>
<td>4870 Main Hwy, St. Martinville 70582</td>
</tr>
<tr>
<td>St. Mary</td>
<td>Duval Arthur Jr.</td>
<td><a href="http://www.stmaryohsep.org">www.stmaryohsep.org</a></td>
<td>500 Main St, Franklin 70538</td>
</tr>
<tr>
<td>St. Tammany</td>
<td>Dexter Accardo</td>
<td><a href="http://www.stpgov.org">www.stpgov.org</a></td>
<td>510 East Boston Street, Covington 70433</td>
</tr>
<tr>
<td>Tangipahoa</td>
<td>Dawson Primes</td>
<td><a href="http://www.tangisafe.com">www.tangisafe.com</a></td>
<td>206 East Mulberry, Amite 70422</td>
</tr>
<tr>
<td>Terrebonne</td>
<td>Earl Eues</td>
<td><a href="http://www.tpccg.org">www.tpccg.org</a></td>
<td>101 Government St., Gray 70359</td>
</tr>
<tr>
<td>Vermillion</td>
<td>Rebecca Broussard</td>
<td><a href="http://www.vppj.org">www.vppj.org</a></td>
<td>100 N State St., Ste. 200, Abbeville 70510</td>
</tr>
<tr>
<td>Washington</td>
<td>Thomas Theiebaut</td>
<td><a href="http://www.wpgov.org">www.wpgov.org</a></td>
<td>803 Pearl Street, Franklintone 70438</td>
</tr>
</tbody>
</table>
ALL EMERGENCIES........911

NON-EMERGENCY CONTACT INFORMATION

LA Governor’s Office of Homeland Security & Emergency Preparedness 225-925-7500
gohsep.la.gov

Acadia 337-783-4357   St. Charles 985-783-5050
Ascension 225-621-8360   St. James 225-562-2364
Assumption 985-369-7386   St. John 985-652-2222
Avoyelles 318-240-9160   St. Landry 337-948-7177
Beauregard 337-460-5441   St. Martin 337-394-2800
Jefferson 504-349-5360   St. Mary 337-828-4100 ext. 135
Lafourche 985-537-7603   St. Tammany 985-898-2359
Orleans 504-658-8700   Tangipahoa 985-748-3211
Plaquemines 504-274-2476   Terrebonne 985-873-6357
Rapides 318-445-0396   Vermilion 337-898-4308
St. Bernard 504-278-4268   Washington 985-839-0434

American Red Cross 866-GET-INFO or 866-438-4636
www.redcross.org

Acadiana Chapter (Lafayette) 337-234-7371
Central Louisiana Chapter (Alexandria) 318-442-6621
Louisiana Capital Area Chapter (Baton Rouge) 225-291-4533
Northeast Louisiana Chapter (Monroe) 318-323-5141
Northwest Louisiana Chapter (Shreveport) 318-865-9545
Southeast Louisiana Chapter (Greater New Orleans) 504-620-3105
Southwest Louisiana Chapter (Lake Charles) 337-478-5122
St. Bernard Parish Chapter (Chalmette) 504-277-8163

Louisiana State Police www.lsp.org

Road Closure Information 800-469-4828
Troop A Baton Rouge 800-969-2059
Troop B Kenner 800-964-8076
Troop C Gray 800-659-5907
Troop D Lake Charles 888-225-5577
Troop E Alexandria 800-256-4160
Troop F Monroe 866-292-8320
Troop G Bossier City 866-853-6580
Troop I Lafayette 888-768-8746
Troop L Covington 888-339-8659

Or dial *577 from a cellular phone

LA Dept. of Social Services www.dss.state.la.us
LA Dept. of Health and Hospitals www.dhh.state.la.us
LA Dept. of Transportation and Development www.dotd.la.gov
LADOTD Road Closures call: 511 www.511la.org
Study this map and CHOOSE YOUR ROUTE WISELY. There will be many restrictions on the Interstate system. Upon entering the contraflow area, it may not be possible to change routes. Contraflow operations will begin when evacuations are initiated in Jefferson and Orleans parishes. If you do not wish to evacuate under the contraflow restrictions, your best strategy is to LEAVE EARLY before contraflow is activated.
I-10 West Contraflow Lanes:
- Traffic traveling I-55 North will be diverted onto I-55 North. On the Contraflow Plan, the normal northbound lanes are shown with BROWN arrows and the Contraflow (eastbound) lanes are shown with BLUE arrows.
- All I-10 West entrances through New Orleans, Metairie, and Kenner will be used in their normal manner to gain access to I-10 West.

I-55 North Contraflow Lanes:
- The northbound and southbound lanes of I-55 from I-12 in Hammond to the Mississippi state line will be used as northbound lanes. On the Contraflow Plan, the normal northbound lanes are shown with RED arrows and the Contraflow (southbound) lanes are shown with BROWN arrows.
- Traffic traveling I-55 North (BROWN) will be diverted onto I-55 North Contraflow and will only be allowed to exit at two locations: Exit 47 (LA-16) in Amite and Exit 61 (LA-18) in Kentwood.

I-59 North Contraflow Lanes:
- The northbound and southbound lanes of I-59, north of the I-10/1-12/1-59 interchange, will be used as northbound lanes. On the Contraflow Plan, the normal northbound lanes are shown with PURPLE arrows and the Contraflow (southbound) lanes are shown with GREEN arrows.

BROWN Arrows (I-10/I-55 North to Hammond and Mississippi):
- In LaPlace, the I-10 West (BROWN) lanes will be diverted to I-55 North toward Hammond and Mississippi. Traffic will not be allowed to continue on I-10 West at this interchange.
- All traffic traveling on I-55 North will travel in the existing northbound lanes.
- When traveling on I-55 North at the I-55/I-12 interchange in Hammond, I-55 will begin to Contraflow (both the north and south lanes will travel north into Mississippi).

BLUE Arrows (I-10 West to Baton Rouge):
- Traffic destined for Baton Rouge may enter the Contraflow (eastbound) lanes from Clearview Parkway, Veterans Boulevard or Williams Boulevard in Jefferson Parish (see diagrams).
- Traffic destined for Baton Rouge may enter Contraflow (eastbound) lanes from I-10 West via a crossover at the Clearview Parkway overpass. This is the only opportunity to enter Contraflow (eastbound) lanes from I-10 West without exiting and re-entering the Interstate.
- In LaPlace, I-10 Contraflow traffic (BLUE) will be diverted onto the westbound lanes of I-10 and will continue west on I-10 toward Baton Rouge.

RED Arrows: (Lake Pontchartrain Causeway to Covington, I-12, Hammond, Mississippi):
- Northbound traffic on the Lake Pontchartrain Causeway (RED) will be diverted onto I-12 West (RED) at the US-190/I-12/1-59 interchange and will continue on I-12 West to Hammond.
- I-12 West (RED) will be diverted onto I-55 North (RED) at the I-12/I-55 interchange in Hammond.
- I-55 North (RED) will continue north into Mississippi.

GREEN Arrows (I-10 East to I-59, North to Slidell, Mississippi):
- I-10 East traffic (GREEN) from New Orleans will cross the I-10 Twin Spans using the three eastbound lanes.
- Contraflow of I-59 will begin at the I-10/1-12/1-59 interchange. At the I-10/1-12/1-59 interchange, the left and center lanes of eastbound I-10 will be diverted onto southbound I-59 (GREEN).
- Only the right lane will continue on I-59 North (PURPLE).
- The I-10 East (GREEN) traffic will not be allowed to continue on I-10 East or enter I-12 West.

PURPLE Arrows (I-59 North to Mississippi from I-10 West):
- I-10 East traffic (GREEN) from New Orleans will cross the I-10 East Twin Spans using the three eastbound lanes.
- Only the right lane (GREEN) will continue onto I-59 North (PURPLE).
- All traffic on I-10 West (PURPLE) from Mississippi will be diverted to I-59 North (PURPLE) at the I-10/1-12/1-59 interchange.
- I-10 West traffic will not be allowed to continue on I-10 or I-12.

ORANGE Arrows (I-12 Westbound - Covington/ Hammond):
- Traffic traveling on I-12 West (RED) between Covington (US-190) and Hammond (I-55) will NOT be allowed to continue on I-12 West. This traffic must divert onto I-55 North.
- Traffic traveling on I-12 West between Slidell (I-10/I-12/I-59 interchange) and Covington (US-190) will NOT be allowed to continue I-12 West. This traffic will be diverted onto US-190 West.
- Traffic traveling on US-190 West will be allowed to continue to Baton Rouge.

The Contraflow Plan can be viewed online at www.lsp.org.
As of January 1, 1997 all licensed broadcast stations were upgraded to the Emergency Alert System (EAS). This is a new state-of-the-art digital system which will allow better dissemination of emergency information and instructions from federal, state, and local authorities.

All residents should monitor their local EAS station for authoritative evacuation and shelter information.

The EAS radio station will broadcast the latest:
- weather reports
- road conditions
- shelter locations
- re-entry information (date, time & risk areas)

As the storm gets closer to the risk area:
INFORMATION WILL BE ISSUED EVERY TWO HOURS

Evacuation Route Signs are located on all Parish as well as State roads which have been designated as major evacuation routes.

The square sign indicates the EAS radio station to monitor for the particular area you are traveling through.
ALL HAZARDS
NOAA WEATHER RADIO (NWR)

• NWR is an all-hazards public warning system, broadcasting forecasts, warnings and emergency information 24 hours a day directly to the public.

• “All Hazards” messages include:
  ➤ natural (e.g., tornado, hurricane, floods, earthquakes)
  ➤ technological accidents (e.g., chemical release, oil spill, nuclear power plant emergencies, maritime accidents, train derailments)
  ➤ AMBER alerts
  ➤ terrorist attacks

• Non-weather emergency messages will be broadcast over NWR when:
  (1) public safety is involved, (2) the message comes from an official government source, and (3) time is critical.

• The National Response Plan assigns responsibility to the National Weather Service (NWS) to broadcast non-weather emergency messages.

• Non-weather emergency messages will be broadcast over NWR at the request of local and/or state officials. The NWS does not initiate the contact nor the message. When local or state officials wish to broadcast a message on NWR, the officials provide text information about the hazard and the appropriate response directly to the local NWS offices. NWS offices have set up pre-arranged agreements to facilitate and speed the process.

• NWR and the Emergency Alert System (EAS) use the same digital protocols, and NWR is the primary means for NWS alerts to activate the EAS. The Federal Communications Commission (FCC) amended the EAS rules in 2002 and adopted numerous new event codes. NWS introduced the new codes on June 30, 2004.

Related Web Sites:
NWS Home Page
www.weather.gov OR www.nws.noaa.gov

NOAA Weather Radio Home Page
www.nws.noaa.gov/nwr
PHASED EVACUATION

During a threat of a hurricane, a phased evacuation will be based on geographic location and time in which tropical storm winds are forecasted to reach the affected areas.

**Phase 1** - 50 Hours before onset of tropical storm winds. Includes areas south of the Intracoastal Waterway. These areas are outside any levee protection system and are vulnerable to Category 1 and 2 storms. These areas are depicted in RED on the Evacuation Map. During Phase 1 there are no route restrictions.

**Phase 2** - 40 Hours before onset of tropical storm winds. Includes areas south of the Mississippi River which are levee protected but remain vulnerable to Category 2 or higher storms. These areas are depicted in ORANGE on the Evacuation Map. During Phase 2 there are no route restrictions.

**Phase 3** - 30 Hours before onset of tropical storm winds. Includes areas on the East Bank of the Mississippi River in the New Orleans Metropolitan Area which are within the levee protection system but remain vulnerable to a slow-moving Category 3 or any Category 4 or 5 storm. These areas are depicted in YELLOW on the Evacuation Map. During Phase 3, certain routes will be directed and the Contraflow Plan implemented.

Phased evacuation procedures are for traffic management purposes only. Consult your local Office of Emergency Preparedness Director for further evacuation information.

**FOR ROAD CLOSURES:**
LA Dept. of Transportation & Development (LADOTD)  dial “511” www.511la.org
Louisiana State Police  800-469-4828 www.lsp.org
EMERGENCY SHELTER INFORMATION POINTS FOR HURRICANE EVACUATIONS:

Because of the fluid nature of shelter occupancy, citizens are encouraged to obtain information about shelter openings and locations at Designated Shelter Information Points along the evacuation route.

**Designated Shelter Information Points** - These locations will have emergency personnel available to help determine which type of shelter will facilitate you and your family’s needs. You will be provided directions and shelter registration forms. Please complete your registration forms prior to entering the assigned shelter.

<table>
<thead>
<tr>
<th>EVACUATION AREA OF THE STATE</th>
<th>INFORMATION POINT LOCATION</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Re-entry from Mississippi on I-20</td>
<td>TA Truck Stop</td>
<td>Exit 171- U.S. I-20 &amp; U.S. I-65</td>
</tr>
<tr>
<td>From the Southeast/Central areas on I-49</td>
<td>Sammy’s Truck Stop</td>
<td>I-49, Exit 53 3601 LA 115 W Bunkie, LA</td>
</tr>
<tr>
<td>From the Southeast/Central areas on US 71</td>
<td>Med Express Office</td>
<td>7525 US 71 Alexandria, LA</td>
</tr>
</tbody>
</table>

**VARIABLE MESSAGE SIGNS** - will broadcast “live” information for all evacuees. These portable signs will be strategically placed along all evacuation routes.

**AMERICAN RED CROSS**: 866-GET-INFO or 866-438-4636  
**CALL CENTER WILL PROVIDE EVACUATION AND SHELTERING INFO**.

**SOCIAL MEDIA SITES / MOBILE DEVICE APPS** - will post current “Location Based” information to help all evacuees safely arrive at their destinations.

**Evacuation Saves Lives.**

- LEAVE EARLY
- HAVE MY PLAN READY.
- BE PREPARED TO HAVE MY PLANS ALTERED BY UNFORESEEN EVENTS.
- UTILIZE THE TOOLS THAT ARE AVAILABLE TO INFORM MY DECISIONS.
- BE CONSIDERATE TO ALL MY FELLOW EVACUEES ON THE ROUTES.
- SHOW MY GRATITUDE TO THE EMERGENCY PERSONNEL WHO COORDINATE THIS ENORMOUS LIFE SAVING EFFORT.
LEAVE EARLY
Both the STATE and LOCAL PLANS include provisions to coordinate bridge openings for marine travel, for vehicle breakdowns, and for those residents who do not have transportation of their own.

PREPARE AN EMERGENCY CAR KIT:

✓ weather radio (battery, solar, hand crank)
✓ mobile device chargers, portable chargers, power banks
✓ flashlight and extra batteries
✓ blanket
✓ booster cables
✓ fire extinguisher (5lb. A-B-C type)
✓ first aid kit
✓ bottled water
✓ non-perishable high energy foods such as: granola bars, peanut butter, raisins
✓ maps
✓ shovel
✓ tire repair kit and pump
✓ flares
SANDBAGS FOR FLOOD PROTECTION

Sandbags are one of the most well-known devices for keeping floodwater out of your property. Remember that if there is a flood in your area demand may exceed supply as people rush to buy them.

You can prevent or reduce flooding by taking steps to stop flood water entering your home or workplace. This can be done by blocking doorways and airbricks from the outside with sandbags.

HOW TO FILL AND POSITION SANDBAGS

Unless you have access to a sandbag filling machine, this is a two-person job – one to hold the bag open and one to fill.

• Sand is abrasive – both people should wear protective gloves.
• Do not fill bags more than half full.
• It is not necessary to tie the end of the bag.
• Remove any debris from the area where the bags are to be placed.
• Lift the sandbags by the neck, place the half filled bags lengthways across the doorway and parallel to the direction of the water flow. Tuck the opened end under the filled half of the bag and position it pointing into the water flow. Ensure it is bedded in against the door and frame.
• Place bags in layers. Like a brick wall, make sure that in the next layer each bag overlaps the one below by half.
• Stamp bags firmly into place to eliminate gaps and create a tight seal.

Pyramid Placing Method

If you need to create sandbag protection that is more than three layers high you will need to build a pyramid style. For the structure to be stable, you should build the ‘sandbag wall’ three times as wide as you need it to be high. It will also be more effective if you alternate the layers lengthways and crosswise. Stamp each bag in place and tuck the loose end firmly under the filled portion of the bag.

Additional Waterproofing

Lay plastic sheeting across the side of the ‘sandbag wall’ that will face the floodwater. Weigh down with additional sandbags.

Remember, sandbags are popular but they have disadvantages:
• During an emergency sufficient quantity may be difficult to obtain.
• They are time-consuming and require two people to fill.
• They can be difficult to handle, particularly for the elderly or infirm.
• When they come into contact with floodwater they tend to retain contaminants such as sewage.
• Sacking material is biodegradable and will disintegrate if left in place for long periods of time. Polypropylene bags do not do this.
• Keep your sandbags out of the rain and sunshine to make sure they last longer.

SANDBAG LOCATIONS:
Contact your Emergency Management Officials for Sandbag Locations Nearest You
WHEN TOLD TO EVACUATE:

• Stay Calm.
• Fuel your car and check spare tire.
• Take along your 3-day disaster survival supplies: non-perishable foods, water, clothing, sleeping gear, medicines, first aid kit.
• A battery-powered weather radio.
• Flashlights with extra batteries.
• Extra set of car keys.
• Credit card and/or cash.
• Special items for infants, elderly and disabled family members (if applicable).
• All important documents such as insurance, mortgage, and household inventory.

REMEMBER TO DO THE FOLLOWING:

• Turn off electricity at main box, gas heating, cooling and ventilation systems.
• Lock the house.
• Let others know when you leave and where you are going.
• Make arrangements for your animals.
• Use recommended evacuation routes.
• Tune in to local EAS radio broadcast stations for evacuation & shelter information.

EVACUATION DRIVING TIME FORMULA:
Multiply regular driving time X 4

HOTEL RESERVATION NUMBERS OUT OF RISK AREA:
*check hotel before bringing any pets

SLEEP INN  BEST WESTERN  800-637-5958
COMFORT INN  DAYS INN  800-225-3297
COMFORT SUITES  HAMPTON INN  800-370-0981
CLARION  HOLIDAY INN  800-439-4745
ECONO LODGE  HOWARD JOHNSON  800-221-5801
RODEWAY  RAMADA INN  800-854-9517
MAIN STAY SUITES  TRAVEL LODGE  800-525-4055
QUALITY INN  SUBURBAN SUITES

1-877-4-CHOICE  1-877-424-6423
DO

• register at the shelter when you arrive
• familiarize yourself with the exits, bathrooms and safest locations
• understand that shelters could be crowded with very little privacy
• make the best of the situation, work together and try to help others
• listen to the shelter guidelines
• remember that the shelter staff are volunteers possibly with family be courteous at all times

DON’T

• bring firearms, weapons or alcohol to a shelter
• leave until you are told that it is safe
• bring valuables with you; make arrangements for safekeeping

WHAT TO BRING TO A SHELTER:

<table>
<thead>
<tr>
<th>Item</th>
<th>Local Shelters</th>
<th>Out of Risk Area Shelters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blankets, pillows and sleeping gear</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Non-perishable foods</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Special dietary needs</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Baby food, formula, diapers, wipes</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Personal hygiene items</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Medical records / Important papers</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>All medications</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Extra clothing</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Comfort items</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flashlights and extra batteries</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Disinfectant</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Portable ice chest</td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>
GENERAL RE-ENTRY GUIDELINES:

1. Remain in shelter or safe haven until informed by local authorities that it is safe to return to your home.
2. Keep tuned to your local radio or television station for advice and instructions regarding emergency medical, food, housing, and other forms of assistance.
3. Stay out of the disaster areas. Sightseeing is dangerous and it interferes with essential rescue and recovery work.
4. Do not drive unless you must. Debris filled streets may be undermined and could collapse under the weight of a car.
5. Avoid loose and dangling wires. Report them immediately to the utility, fire or police departments.
6. Report broken sewer, gas or water mains to the appropriate service authority.
7. Prevent fires. Because of decreased water pressure firefighting becomes difficult.

GENERAL DEBRIS REMOVAL:
Debris may contain hazardous material and it may have been contaminated with chemicals or germs by the flood or storm. Flood waters may have picked up pesticides, herbicides, fertilizers, gasoline, and other chemicals commonly held in household storage areas. The bacteria which cause tetanus (lockjaw) may lie dormant in soil. This is why cuts from tools or other objects that have been on the ground are particularly hazardous. Keep that tetanus shot current!

HAZARDOUS DEBRIS REMOVAL:
Some of the debris on your property may contain asbestos or contain lead-based paint. Airborne asbestos & lead dust are dangerous to inhale or ingest; it is best to remove while wet. Fiberglass fibers from insulation will irritate skin and lungs. All hazardous materials should be handled with gloves and bagged for disposal. Burning is not an option!

SEPARATING YOUR DEBRIS:
Debris should be separated, and placed curbside, without blocking the roadway or storm drains. Listen to local news media for debris removal information. Don’t let children play on or around debris.

NORMAL HOUSEHOLD TRASH
Normal household trash and bagged debris of any kind will not be picked up with debris as part of this program. You should continue to follow your normal garbage removal schedule.

APPLIANCES & WHITE GOODS
- Air conditioners
- Dishwashers
- Freezers
- Refrigerators
- Stoves
- Washers, dryers
- Water heaters

ELECTRONICS
- Computers
- Radios
- Stereos
- Televisions
- Other devices with cords

CONSTRUCTION & DEMOLITION DEBRIS
- Building Materials
- Carpet
- Drywall
- Furniture
- Lumber
- Mattresses
- Plumbing

HOUSEHOLD HAZARDOUS WASTE
- Cleaning supplies
- Batteries
- Lawn chemicals
- Oils
- Oil-based paint, stains
- Pesticides

VEGETATIVE DEBRIS
- Leaves (do not put in bags)
- Logs
- Plants
- Tree branches
Severe water inundation (flooding) and high winds could create problems involving hazardous materials. The following is a guide to assist you with this potential problem:

1. Know your surroundings, be observant to what is around you.
2. If flooding is eminent, move household chemicals to a secure elevated area out of the floodwater’s reach.
3. Stay away from any unknown material floating on or in the water.
4. Avoid breathing odors or fumes.
5. Stay away from visible clouds by moving indoors.
6. Notify local authorities immediately at 9-1-1 to report the release of any chemicals.
7. Stay out of any area suspected of containing any hazardous materials or chemicals.
8. Avoid using open flames. (Barbecue pits, butane burners, etc.)
9. During a chemical release in adverse weather conditions you should immediately shelter-in-place.

How to Shelter in Place:
   a. Go inside immediately.
   b. Turn off air conditioner, heater and any exhaust fans.
   c. Close all doors, windows and fireplace dampers.
   d. Turn on your TV or radio.
   e. Seal seams or cracks, if possible.
   f. Stay inside until an “all clear” is given.
10. If you think you have come in contact with a chemical while in the water, you should thoroughly wash the area with clean water and seek medical attention.
11. Stay tuned to your local radio and/or television station.
12. Follow the instructions of your public officials.
13. Keep this booklet handy. Please store with your family disaster supply kit.
14. If you have evacuated, use extreme caution when returning to your area after a flood and/or hurricane. Be aware of potential chemical hazards that you may encounter. Floodwaters may have buried or moved hazardous chemical containers from their normal storage place, including solvents, aerosol cans, and industrial chemicals.
15. If any tank or drums are discovered please do not attempt to handle them yourself. Call the local authorities at: 9-1-1
16. If you have any questions concerning hazardous materials please call your local emergency management officials or STATE POLICE HOTLINE at: 225-925-6595 or 877-925-6595.
**WATER:**  
The most essential and life sustaining item you will need. Stocking water reserves and learning how to purify contaminated water should be among your top priorities for an emergency.

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**FORMULA FOR CONSUMPTION:**  
1 gallon a day per person for 7 days.

In hot environments children, elderly, and nursing mothers require more water.

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**STORAGE:** Always store water in a cool, dark place. Also store water in your freezer in ziplock bags. The shelf life for water is approximately 6 months. **REMEMBER** - a full freezer runs more efficiently year round and will keep your frozen foods from spoilage for at least 72 hours.

**WATER RESOURCES:**  
**Bottled Water:** is a readily available resource in a variety of container sizes.  
**Tap Water:** always ADD 8 drops of liquid chlorine bleach (5.25% sodium hypochlorite/no soap) per gallon of tap water at the time you are filling your plastic containers.

**HIDDEN WATER RESOURCES IN YOUR HOME:**  
**Water Beds:** contain 400 gallons of water. If you designate your bed as an emergency water supply, put fresh water and add 2 ounces of bleach per 120 gallons.  
**Hot Water Tank:** flush out before hurricane season, removing all sediment. To use this source open the drain at the bottom of the tank, making sure that the tank’s gas or electricity source is OFF. Turn off the water intake valve, and turn on a hot water faucet to start the flow.

**3 WAYS TO PURIFY WATER:**  
**Purification Tablets:** inexpensive, available at drug or sporting goods stores.  
**Boiling:** is the safest method. Bring to a boil for 10 minutes and pour back and forth between containers to put back the oxygen.  
**Chlorination:** use liquid chlorine bleach to kill organisms. 8 drops of liquid chlorine bleach (5.25% sodium hypochlorite/no soap) per gallon.

**FOOD:** Food provisions and liquids for people during a period of emergency or catastrophe rank in the top priority along with medical care. It is important to select foods which are familiar to your family and which will last for months without refrigeration. Realize that without refrigeration, food poisoning poses a real danger in the summer heat and humidity along the Hurricane Belt. Whenever possible choose foods in waterproof containers or store in waterproof containers.

**STORAGE OF DISASTER SUPPLIES:** Should be stored in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.  
- Keep items in airtight plastic bags.  
- Change your stored water supply every six months.  
- Rotate your stored food every six months.  
- Rethink your kit and family needs at least once a year.  
- Replace batteries, update clothing items.  
- Check with your pharmacist about storing prescription medications.
Emergency generators are most often used in one of two ways:

1. To provide electricity to one or two appliances plugged into a generator.

   This is the safest method and easiest to set up. The generator is placed outdoors, brought up to its speed, voltage, and frequency, and the appliance is plugged into the generator’s 120 volt outlet. In this case there is no danger of electric power being fed back into the electric company’s system.

2. To provide electricity for the entire building, or most of it, where the appliances remain plugged into the wall sockets and electricity flows through the house wiring.

   This type of installation usually involves a permanently mounted generator and special wiring. If the generator is not properly wired into the building there is a danger of back-feeding electricity into the electric company’s system. This is very dangerous and could result in serious injury or death to anyone coming into contact with electric lines while working to restore power in an emergency. To provide this type of installation as safely as possible, a transfer switch must be installed that will break the connection to the electric company’s service when the generator is in use and, similarly, disconnect the generator connection when normal power has been restored. This switch is normally located between the customer’s main service panel and the power sources.

   Single phase electric service requires a two pole, double throw switch. Three phase service requires a three pole, double throw switch. Installation must be performed by a licensed electrician and must conform to the National Electric Code.

REMEMBER: Running a generator attached to house wiring without a transfer switch could kill someone.
Hurricanes usually disrupt electrical power for hours, sometimes days. If you do not have an alternative source of electrical power, such as a generator, the loss of your food supply is a strong and costly reality.

FREEZER:

1. A FULL FREEZER WILL LAST AT LEAST 72 HOURS IF YOU MINIMIZE OPENING IT. Put all foods that could defrost first on the left side of your freezer for minimum door opening.

2. Utilize the most vulnerable frozen items first.

3. Use “dry ice” if available. This will prolong the freezer for an extra couple of days.

4. You can refreeze thawed foods ONLY IF THEY STILL CONTAIN ICE CRYSTALS OR FEEL COLD.

5. Seafood and ground meats will need to be cooked first. These foods can be cooked outdoors, are rich in protein, and will feed family, friends, and neighbors using the right recipes.

REFRIGERATOR:

1. Utilize the items most vulnerable to heat first. Yogurt, milk, butter, margarine, eggs, cream cheese (if still cool to touch) can be used. Always use your best judgment, when in doubt throw away!

2. Condiments, jams, jelly, syrup, hard cheeses, fresh fruit, fresh vegetables, nuts, and peanut butter should be salvageable and will make high-energy lunches and snacks. Always use your best judgment, when in doubt throw away!

THE POINT IS TO TRY AND UTILIZE YOUR FOOD SUPPLIES. BE CREATIVE. FEED AS MANY PEOPLE AS YOU CAN. IT IS BETTER TO HELP YOURSELF AND OTHERS THAN TO DEPEND UPON THE SERVICES OF EMERGENCY PROVIDERS.

Learn how to properly store foods to maximize their life and minimize your loss. Learn what to do with your food supply in the event of an extended power outage. You can cook healthy, delicious meals outdoors with confidence.

WATCH TRAC’S VIDEO “COOKING UP A STORM”

Online: www.trac4la.com/multi-media room
YouTube: trac4la Channel
YOU CAN COOK SAFELY WITHOUT ELECTRICITY OR GAS BY FOLLOWING THESE RULES:

• Charcoal or gas grills are the most obvious alternative sources of heat for cooking. Never use them indoors. In doing so, you risk both asphyxiation from carbon monoxide and the chance of starting a fire that could destroy your home.

• Likewise, camp stoves that use liquid or solid fuel should always be used outdoors.

• Use small electrical appliances to prepare meals if you have access to an electrical generator and the generator has sufficient capacity. Do not use an appliance that has been flooded until it has been checked for short circuits.

• You can use wood for cooking in many situations. You can cook in a fireplace if the chimney is sound. Don’t start a fire in a fireplace that has a broken chimney. Be sure the damper is open.

• If you’re cooking on a wood stove, make sure the stove pipe has not been damaged.

• If you have to build a fire outside, build it away from buildings, never in a carport. Sparks can easily get into the ceiling and start a house fire.

• Never use gasoline to get a wood or charcoal fire started.

• Do not use “treated” wood as fuel for a cooking fire.

• Make sure any fire is well contained. A metal drum or stones around the fire bed are good precautions. A charcoal grill is a good place in which to build a wood fire. Be sure to put out any fire when you are through with it.

• When cooking is not possible, some canned food can be eaten cold. Or it can be warmed over canned heat or candles.

• Never leave any open fire, canned heat or candles unattended. Keep children away at all times.
Damage to structures in many cases is obvious, but damage that is not clearly seen may cause problems too. Bulges, sways, leaning walls and sagging roof lines are signs that a structure may be in danger of collapsing. Check for these signs before entering the building. Also check where the structure meets the foundation to see if the building has shifted. Wind and water are powerful forces. If any of these indicators of structural damage are observed, have the building inspected. Report signs of structural damage to insurance adjusters.

If the structure is sound, you may need to make preliminary repairs to keep damage from getting worse. These repairs may require some creativity since there’s likely to be a shortage of materials. The most common repairs will involve nailing plywood or taping heavy plastic to broken windows, ceilings and walls. Be careful when performing unfamiliar tasks.

A less obvious form of damage will result if a building is left with moisture in confined spaces such as walls, under floors, behind vinyl wallpaper, in cabinets, etc. Water from any source can be damaging, but rising flood water is usually more contaminated than rain water entering through a broken window or roof. Any water which enters a building must be eliminated; this should be done as quickly as possible, before mold and mildew have had a chance to grow significantly. Wet fiberglass insulation should be removed and discarded; it will not dry out in a closed wall.

Residual moisture provides excellent habitat for mold, mildew, and bacteria. These microbes aggravate allergies, can produce significant health problems and will lead to decay of the wooden framing material inside the walls. If your home has flooded, it must be disinfected and dried thoroughly.
Wash moldy walls, ceilings, and floors **TWICE** with the following:

- ¾ gallon bleach
- ¼ gallon TSP (*trisodium phosphate*)
- 1½ gallons water

Mix ingredients in a garden pump-sprayer and spray infested surface so that it is wet to touch. The kill time is **10 minutes** minimum. Scrub infected area if necessary. Allow drying to the touch. Repeat procedure.

Be sure to wear rubber gloves and a protective mask. Open windows so you have fresh air to breathe. Be sure to follow all warnings on the ingredient labels.

If the mold infestation becomes chronic it is recommended that infested materials are removed and area cleaned as described above.

**REMEMBER:**
Anyone with a compromised immune system, respiratory illness, infants and elderly are at risk. Seek medical attention immediately if chronic coughs, fever, and weakness persist.
You and your family have been through a disaster. Your life has been turned upside down. It will take time for things to return to normal, or what we perceive as normal. You should recognize that the disaster can take its toll on you, as well as your property. It is important to look after yourself and your loved ones as you focus on the obvious tasks of cleanup, recovery, and rebuilding. The choices you will be making on a daily basis could affect your lives for many years. Please consider your options and do not make any hasty decisions that you will regret later.

UNDERSTAND THAT YOU ARE VERY VULNERABLE AND THERE ARE PEOPLE, LIKE VULTURES, THAT WILL PREY ON YOUR TEMPORARY WEAKNESSES. SEEK INFORMED GUIDANCE….DO NOT DEPEND UPON HEARSAY.

GUIDELINES FOR YOU TO FOLLOW:

1. **KEEP THE FAMILY TOGETHER** — In hard times togetherness provides mutual support.
2. **DISCUSS YOUR PROBLEMS** — Sharing your anxieties will help release tension and crying is a natural response to a disaster experience for both males and females.
3. **REST OFTEN & EAT WELL** — Your body must have proper rest and nourishment in order to think clearly and accomplish the many tasks at hand.
4. **SET A REALISTIC SCHEDULE** — You will have many tasks to do in the months to come. Identify your TASKS and make a TO-DO-LIST for each one. Set GOALS to accomplish at least one thing a day. STICK TO YOUR SCHEDULE. EXCUSES will make you feel powerless to this disaster.
5. **WATCH FOR STRESS SIGNALS** —
   - short tempers, argumentative
   - greater consumption of alcohol, drugs, cigarettes
   - physical aches & pains
   - stomach digestive problems
   - apathy, inability to focus
   - depression, anxiety, nightmares
   - regressive behavior (especially in children, elderly, mentally challenged)
6. **SEEK PROFESSIONAL HELP** — Go to your family physician if the symptoms are physically debilitating. Critical stress counselors will be available during any major disaster. Seek the comfort of a clergy person you trust.
7. **CARE FOR CHILDREN & ELDERLY** — Listen to their version of the experience. Reassure them through actions and words that life will return to normal. Touching, hugging, and holding your frightened and frail family members is one of the most important TASKS you need to add to your recovery plans.
8. **BE PATIENT** — Stop and realize each day that you are not alone in this disaster. Recovery takes time. Remember this is all a part of the process and without it you would not become a stronger, more resilient and understanding human being.
GUIDELINES FOR HELPING AFTER A DISASTER

VOLUNTEER

• Get trained -
  Most disaster organizations require a level of training to be sure their volunteers are qualified to supply the services the clients need. Signing up with a disaster-based organization in your local community before a disaster is the BEST way to be a great volunteer later.

• Volunteer locally -
  Your community is a great place to start. There are hundreds of organizations that provide direct social service support in your area and many of these have disaster components to prepare and support those in your area. These same volunteers are often the first line of support in other areas when disaster strikes.

Volunteers can...

• Promote family preparedness by distributing educational materials
• Prepare and distribute meals to victims and relief workers
• Assist with the placement and tracking of victims in evacuation shelters
• Provide child care for disaster survivors
• Compile and distribute disaster recovery information to survivors
• Answer phones at volunteer intake or disaster recovery centers
• Provide debris removal and clean-up assistance to the elderly or disabled
• Help with the reconstruction of homes

VOLUNTEER WISELY TO HELP OTHERS...
In a community struggling to respond to and recover from a disaster, an influx of unexpected or unneeded volunteers and donations can make the process even more difficult. Before traveling to a disaster area to help, learn where and when your skills will be needed. Discuss with volunteer organizers how your needs for food, water and shelter will be met while you are volunteering.

DONATIONS

DONATING TIPS...

• Cash donations help to avoid the labor and expense of sorting, packing, transporting and distributing donated goods.
• Voluntary relief agencies use cash to meet victims’ specific needs more quickly.
• Purchasing relief supplies available in the impacted community helps the local economy to recover more quickly.
• Donate cash or goods through an experienced disaster relief organization or foundation.

DONATIONS OF GOODS...

Some relief agencies have the infrastructure in place to store and distribute donated goods. To prevent waste, donations of goods should be made only to agencies that have requested specific items. Confirm the need before collecting. Donors should be wary of anyone who claims that “everything is needed.” Many groups have been disappointed that their efforts and the goods they collected were not appreciated. A community hit by a disaster, however, does not have the time, manpower or money to dispose of unneeded donations. Get precise information and confirm the need before collecting any donated goods.

• To prevent waste, donations of goods should be made only to agencies that have requested specific items.
• Coordination with a relief organization is essential to ensure that the right goods in the right amounts are collected, and that transportation, warehousing and distribution will go smoothly.

USEFUL LINKS

www.trac4la.com          www.fema.gov
www.volunteerlouisiana.org - Volunteer Louisiana
1. Call your insurance adjuster immediately. Be patient.

2. Take photos **BEFORE** any cleanup for use in inventory. Once your documentation has been completed begin cleanup and salvage as soon as possible. Make any temporary repairs to avoid further damage (**keep receipts for reimbursement**).


4. Leave phone number(s) available so you can be reached.

5. Owner should sign proof of loss statement after the adjuster’s assessment.

6. Report additional damages when discovered or if they are not listed on original assessment.

7. Report theft and looting to the police or sheriff’s departments.

8. Make a list of damaged articles from your household inventory records and provide a copy to your adjuster.

9. Save all receipts relating to temporary lodging and food if your home is uninhabitable.

10. File your claim within your policy’s imposed time limits. Make and keep all copies of information and correspondence sent to your insurance company for future reference.

11. Review the settlement steps outlined in your particular policy. If you are dissatisfied with the proposed settlement you may wish to submit the dispute for reconsideration. It is a good idea to leave the status of your settlement “open” in the event that unforeseeable losses may occur months later.

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**CONTACT YOUR INDIVIDUAL INSURANCE AGENCY**

**BE PATIENT, DEPENDING ON THE MAGNITUDE OF THE DISASTER SERVICE MAY NOT BE AS EXPEDIENT AS YOU WOULD LIKE**
EMERGENCY DISASTER ASSISTANCE: Contact your Local Office

- American Red Cross
- Council on Aging
- Regional VOAD or Disaster Recovery Organizations

FEDERAL DISASTER ASSISTANCE:

Individual Disaster Assistance Program assures that people whose primary homes were damaged by a disaster have a safe place to live. These programs are available for the insured, under-insured, and non-insured. Here are the types of assistance available through this program:

Temporary Housing - homeowners and renters receive funds to rent a different place to live or a temporary housing unit when rental properties are not available.

Repair - homeowners receive grants to repair damage from the disaster that is not covered by insurance. The goal is to make the damaged home safe and sanitary.

Replacement - under rare conditions, homeowners receive limited funds to replace their disaster damaged home.

Permanent Housing Construction - homeowners and renters receive direct assistance or a grant for the construction of a new home. This type of assistance occurs only in very unusual situations, in insular areas or remote locations specified by FEMA/EPR where no other type of housing is possible.

Other Needs Assistance (ONA) - applicants receive grants for necessary and serious needs caused by the disaster. This includes medical, dental, funeral, personal property, transportation, moving and storage, and other expenses that FEMA/EPR approves. The homeowner may need to apply for a SBA loan before receiving assistance.

Disaster Unemployment Assistance provides unemployment benefits and re-employment services to individuals who have become unemployed because of major disasters. Benefits begin with the date the individual was unemployed due to the disaster incident and can extend up to 26 weeks after the Presidential declaration date. All unemployed individuals must register with the State’s employment services office before they can receive DUA benefits.

Legal Services are provided to low income individuals who, prior to or because of the disaster, are unable to secure legal services adequate to meet their needs as a consequence of a major disaster. The assistance that participating lawyers provide typically includes: Assistance with insurance claims (life, medical, property, etc.). Counseling on landlord/tenant problems. Assistance with consumer protection matters, remedies, and procedures. Replacement of wills and other important legal documents destroyed in a major disaster.

Disaster Loans can make federally subsidized loans to repair or replace homes, personal property or businesses that sustained damages not covered by insurance. The Small Business Administration can provide three types of disaster loans to qualified homeowners and businesses:

1. Home and Personal Property Loans—Homeowners may apply for up to $200,000 to replace or repair their primary residence.

2. Business Physical Disaster Loans—The SBA makes physical disaster loans of up to $2 million to qualified businesses or most private nonprofit organizations.

3. Economic Injury Disaster Loans (EIDL)—The SBA can provide up to $2 million to help meet financial obligations and operating expenses that could have been met had the disaster not occurred.

The SBA Disaster Loan Program is the Primary Form of Disaster Assistance for many individuals & businesses.

TO APPLY FOR FEDERAL DISASTER ASSISTANCE

FEMA 800-621-3362
www.disasterassistance.gov

SBA 800-659-2955
https://disasterloan.sba.gov/ela/
REMOVE RECOVERY BARRIERS BEFORE THE STORM

For many families, the lack of clear title to inherited property created serious barriers to their recovery after Hurricanes Katrina and Rita. People, who live on property passed down to them without a will or by family agreement, without using the legal system, do not have clear title to property. Owners without clear title cannot sell the property, use the property as collateral for a loan, or get federal or state disaster aid. Since the 2005 hurricanes, the inheritance process has become easier and less expensive for many people.

HOW CAN I GET CLEAR TITLE ON MY PROPERTY?
The new laws allow “heir property” owners to file an “Heirship Affidavit” if the estate is valued at less than $75,000 or if the property owner died over 25 years ago.

WHAT IS AN “HEIRSHIP AFFIDAVIT”?
An heirship affidavit is a statement under oath by 2 or more heirs as to certain facts. The affidavit can only be used if the property owner died without a valid will.

WHY SHOULD I CARE ABOUT CLEAR TITLE?
If you do not have clear title, you might not be able to:

- Sell your property.
- Make repairs to the property.
- Borrow money against the property.
- Cash an insurance check.
- Deal with a bank on a foreclosure.
- Qualify for federal aid to repair, replace, or elevate the property.
- Get a homestead exemption for taxes.
- Get notice of actions by the City or Parish if they try to take your home or fine you.
- Have a court rule on “claims of heir” in a lawsuit against those falsely claiming to be heirs of the original owner.

TO LEARN HOW YOU CAN GET CLEAR LEGAL TITLE TO YOUR PROPERTY:

- The Louisiana Civil Justice Center at 1-800-310-7029
- Louisiana Appleseed at 504-561-7304
- Visit http://Louisiana.Appleseednetwork.org

Louisiana Appleseed
1615 Poydras St.
Suite 1000
New Orleans, LA 70112
Louisiana Voluntary Organizations Active in Disaster

LAVOAD:
- serving as a forum for the sharing of knowledge and resources
- raising awareness among providers & stakeholders about best practices in providing services throughout the disaster cycle
- advocating for sound public policies that support its mission and purpose
- sponsoring activities that strengthen local coalitions
- serving a coordinating role in statewide response and recovery efforts

CONTACT: www.lavoad.communityos.org

ALL RECOVERY IS LOCAL:
- Know who to contact in your region for assistance.
- Get to know the local network of voluntary organizations that provide response and recovery services in your community after a disaster.

**Acadiana VOAD**
**Coverage Area:** Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, Vermilion
**Contact:** Jason Huffman
337.706.1202 O
jason.huffman@unitedwayofacadiana.org

**Capital Area VOAD**
**Coverage Area:** East Baton Rouge, Ascension, Livingston
**Contact:** Mike Manning
225.359.9940 O
mike@brfoodbank.org

**Central Louisiana VOAD**
**Coverage Area:** Avoyelles, Catahoula, Concordia, Grant, La Salle, Rapides, Vernon, Winn, Allen
**Contact:** David Britt
318.443.7203, ext 5 O
318.443.7203 C
Britt@uwcl.org

**Florida Parishes VOAD**
**Coverage Area:** Washington, St. Tammany, Tangipahoa, St. Helena, Livingston, E. Feliciana, W. Feliciana
**Contact:** Toni Jackson
985.687.9807 O
985.320.5399 C
braces.la@gmail.com

**GNO VOAD**
**Coverage Area:** Orleans, Jefferson, St. Bernard, Plaquemines
**Contact:** Jessica Vermilyea (interim)
504.376.9121
vermilyea.jessica@gmail.com

**Northeast Louisiana VOAD**
**Coverage Area:** Caldwell, E. Carroll, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, W. Carroll
**Contact:** Jan Wawrzyniak
318.325.3869 O
318.998.9208 C
jwawrzyniak@uhnsla.org

**Northwest Louisiana VOAD**
**Coverage Area:** Bossier, Caddo, Bienville, Claiborne, De Soto, Red River, Webster
**Contact:** Martha Marak
318.675.2400 O
318.998.9208 C
mmarak@foodbanknla.org

**Southwest LA VOAD**
**Coverage Area:** Allen, Beauregard, Calcasieu, Cameron, Jefferson, Davis
**Contact:** Wendy Priemeaux
337.433.1088 O
337.274.9666 C
WPriemeaux@unitedwayswla.org

**Bayou Area Regional Recovery VOAD**
**Coverage Area:** Terrebonne, Lafourche, City of Grand Isle
**Contact:** Peg Case
985.851.2952 O
985.855.2515 C
985.855.2515 C
pegcase@trac4la.com
FACTS: 1,800 square miles of Louisiana land gone since 1930 -- 1,750 square miles of land will disappear without action by 2050.

PLAN: Coastal Protection & Restoration Authority (CPRA) is tasked with charting a comprehensive coastal protection & restoration strategy to create a sustainable Louisiana. The 2017 Coastal Master Plan was approved on June 2, 2017 by our State Legislatures and won’t be revised until 2022.

GOALS: Restoring our barriers, protecting our infrastructure, and mitigation activities for homes & businesses to reduce future flood risks.

2017-2022 MASTER PLAN: Restoration and infrastructure projects were funded. No funding was approved for residential and non-residential mitigation activities. Plan does include mapping of our coastal communities marked as “RESETTLEMENT ZONES.”

MITIGATION STARTS WITH YOU:

☐ KNOW YOUR RISKS:

Consider your Location:

• LSU/AgCenter Flood Risk, Ground Elevation, Wind Speed Mapping Tool: https://maps.lsuagcenter.com/floodmaps/
> If your home or business is located in a flood zone and has damage that exceeds 50% of the value of the structure mitigation compliance is required. Damages refer to ALL TYPES such as flood, wind, fire, etc.

• National Flood Insurance Website: www.FloodSmart.gov
> Lenders require flood insurance if property is within a flood zone, consider the cost to you annually and the loss of resale value and appeal.
★ Currently the appraised value of your home is not increased by mitigation measures.

Consider the Foundation:

<table>
<thead>
<tr>
<th>Foundation Type</th>
<th>Elevation Height</th>
<th>Cost per Sq/Ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slab on Grade</td>
<td>4-20 ft</td>
<td>$72- $95</td>
</tr>
<tr>
<td>Slab Separation</td>
<td>4-20 ft</td>
<td>$62- $90</td>
</tr>
<tr>
<td>Pier &amp; Beam</td>
<td>4-20 ft</td>
<td>$52- $80</td>
</tr>
</tbody>
</table>

Examples of cost by foundation Type: 1200 sq ft home elevated 10-15 feet
**KNOW WHAT MITIGATION MEASURES WILL PREVENT YOUR FUTURE LOSS:**

- **PROPERTY ACQUISITION & STRUCTURE DEMOLITION:** selling cleared property as green space
- **RELOCATION:** moving your home or business out of risk area
- **ELEVATION:** raising your home or business to the level adopted by your community
- **RECONSTRUCTION:** building a new home to adopted building codes
- **FLOOD-PROOFING:** making a structure watertight - primarily for non-residential buildings

**KNOW WHAT RESOURCES ARE AVAILABLE:**

Federal Agencies that Provide Mitigation Funding:

- **FEMA**  [www.fema.gov](http://www.fema.gov)
- **SBA**  [www.sba.gov](http://www.sba.gov)

State Agencies that Administer Mitigation Funding:

- **LA-GOHSEP Fema FUNDS**  [www.gohsep.la.gov](http://www.gohsep.la.gov)
- **LA-OCD-DRU HUD FUNDS**  [www.doa.louisiana.gov/cdbg](http://www.doa.louisiana.gov/cdbg)

**KNOW WHERE & WHEN TO ACCESS THEM:**

**ANNUAL** Mitigation Funding:

- **FEMA**
  - PDM: Pre-Disaster Mitigation Activities
  - FMA: Flood Mitigation Assistance

- **HUD**
  - CDBG: Entitlement Communities
  - CDBG: State Program
  - CDBG: Indian Communities
  - CDBG: Section 108 Loan Guarantee

**AFTER THE STORM** Mitigation Funding:

- **FEMA**
  - HMGP: Hazard Mitigation Residential Grants Post Disaster
  - ICC: Flood Insurance Compliance Coverage For Floodplain Ordinances

- **HUD**
  - CDBG-DR: Disaster Recovery Funds For Housing, Mitigation, Economic Development, Infrastructure

- **SBA** (individuals apply directly to SBA Disaster Assistance)
  - Home & Personal Property Loans: Disaster Loans For Homeowners, Renters, Personal Property Owners
  - Business Physical Disaster Loans: Disaster Loans For Repair Or Replacement Of Damaged Property
  - Economic Injury Disaster Loans: Disaster Loans For Working Capital Needs Due To Economic Injury
Storm Safe LA, our disaster preparedness program, was recognized on June 1, 2006 for achievements in communication, design, and outreach by the USDOT in its Congressional Report on “Catastrophic Hurricane Evacuation Plan Evaluation.” TRAC was the only Non-Profit and only agency from Louisiana out of the 6 agencies chosen for recognition throughout the United States.

TRAC’s goal since our inception in 1992 has been individual, family and community responsibility for survival, property and personal protection, and mitigating future losses. We have educated 2.2 million Louisiana residents through our disaster education programs. In addition, Storm Safe LA has been adapted and utilized in Florida, Massachusetts, Mississippi, New Jersey, New York, Ohio, Texas, and the Republic of Haiti.

**PREPARING OUR CHILDREN**

Pre-K to 3rd Manual
Teachers Only
Print Version Only

Pre-K to 3rd Interactive
Webpage/Online

Series of kid’s hurricane stories to help prepare & cope
Print/Online

**PREPARING OUR ELDERLY, DISABLED and SPECIAL NEEDS**

Manual for Disaster Planning
Healthcare Professionals
Print Version Only

Manual for Disaster & Recovery Planning
Volunteer helping elderly/disabled
Print Version Only

**PREPARING OUR RESIDENTS, VISITORS and EMPLOYEES**

30min Disaster Planning
DVD/Online
Broadcast

Disaster Planning in 10-steps
Local response/recovery resources
64page-Survival Handbook
Print Version/Online

HURRICANE RADIO
Disaster Planning in 10-steps
Broadcast format only

Disaster Preparedness - Series of 15
Disaster Recovery - Series of 10
English, Spanish, Vietnamese, French
Broadcast format/Online

**RESOURCE KEY:**

Print, DVD, Broadcast - TRAC 985-851-2952 - information@trac4la.com

Online - www.trac4la.com/multi-media room

YouTube - trac4LA Channel
**Disaster Planning: To-Do List**

<table>
<thead>
<tr>
<th>To-Do</th>
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<tbody>
<tr>
<td><strong>Hurricane Season: June 1 - November 30</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Your Disaster Plan To-Do List:</strong></td>
<td></td>
</tr>
<tr>
<td>- Evacuation Plan is current:</td>
<td></td>
</tr>
<tr>
<td>- Communication, Lighting, Safety devices work, have extra chargers, and are waterproofed:</td>
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<tr>
<td>- Emergency Supply Kits for Home and Car are complete:</td>
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<tr>
<td>- Important Contacts updated &amp; printed, out-of-state communication contact designated:</td>
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<tr>
<td>- Vehicles are evacuation ready:</td>
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<tr>
<td>- Animals are evacuation or shelter-in-place ready:</td>
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<tr>
<td>- Important Documents, Photos, Memorabilia are copied and stored:</td>
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<tr>
<td>- Savings for additional expenses to prepare, evacuate, and make emergency repairs:</td>
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</tr>
<tr>
<td>- Outdoor safety check of trees and property that need to be secured:</td>
<td></td>
</tr>
<tr>
<td>- Current inventory of all your personal property:</td>
<td></td>
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<tr>
<td>- Emergency Supply of Prescription Medications:</td>
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</tbody>
</table>

This is your disaster plan. Follow it.
Disasters affect all of us. They interrupt our lives and our livelihoods.

Contact TRAC Today
Survive Smarter Tomorrow

985-851-2952
information@trac4la.com

2.2 million Educated in Louisiana
Programs adopted in FL, MA, MS, NJ, NY, OH, TX and Republic of Haiti

17,300 families
$83.6 million Direct Client Assistance

1.2 million Volunteer Hours Coordinated
$20.2 million In-kind Support

2,540 Homes Reconstructed
Designed & Engineered LA Lift House™ 7 - Constructed

2.2 million Educated in Louisiana
Programs adopted in FL, MA, MS, NJ, NY, OH, TX and Republic of Haiti

Disaster Preparedness Education
Residential Mitigation Assistance
Sustainable Housing Development
Volunteer Construction Management

Disasters affect all of us. They interrupt our lives and our livelihoods.