



## **When Disaster Strikes, Be Prepared**

In case of an emergency, there are several things you need to know for you and your family's survival. You should be able to maintain for at least 72 hours following a disaster. This brochure is meant to guide you with the basic information you need to make a disaster supply kit.



### **Florida Department of Health**

Community Environmental Health  
4042 Bald Cypress Way  
Tallahassee, FL 32399  
850-245-4277

***Palm Beach County:***

**Juanita Conde**  
Hurricane Relief Coordinator  
Guatemalan Maya Center  
561-547-0085

**Farmworker Council, Inc.**  
(561) 533-7227

**Father John Mericantante**  
**St Mary's Catholic Church**  
(561) 992-2840

**Capurnia Cannon**  
**Child Outreach, Inc.**  
(561)842-1129

**I. The basics**

- Water, one gallon of water per person, per day for at least three days.
- At least a three day supply of non perishable food, battery powered or crank radio, and a NOAA Weather Radio with tone alert and extra batteries.
- First aid kit, whistle to signal for help, dust mask, moist towellettes, garbage bags and plastic ties for sanitation.

## 2. Food

- Ready to eat canned food



- Canned juices
- Condiments
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

### **Donita Brunson**

ALPI - Agricultural and Labor  
Program, Administrative Office  
772-466-2631

### **East Coast Migrant Head Start Project**

(863) 467-0702

### **El Centro Santa Fe**

863-763-8080

### **Agricultural and Labor Pro- gram – Okeechobee Child De- velopment Center**

863-467-5552

**Mr. Enrique Zuanetto**  
The Soup Kitchen  
561-239-3173

***St. Lucie County:***

**Irma Cabriaes**  
Coalición Latina Americana  
(772) 201-5248

**Florida Rural Legal Services**  
772-466-4766

**Hispanic Catholic Mission**  
772-464-2285

**Stacey Malinoski**  
Mustard Seed Ministry  
Ft. Pierce, FL 34982  
772-466-6851.

### **3. First Aid Kit**

Assemble a first aid kit for you and your car; these materials are useful in the event of an injury to either you or a family member.



- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes

(2) pair large medical grade non-latex gloves



- Adhesive tape 2 inch width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield



***Okeechobee County:***

**Verna Alderman**

East Coast Migrant Head Start  
Project (ECMHP), Center I  
863-467-0702

**Mr. Bruce Swinford**

Big Lake Mission  
863-763-5725

**Oderay Fiol-Beliz, Center Director**

East Coast Migrant Head Start  
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**Autrie Moore-Williams**

Glades Community Development  
Corporation

**Ninfa Drago, Program Coordinator**  
Guadalupe Social Services  
(239)657-6242

**Martin County:**  
**Donna Carman**  
Indiantown Non-Profit Housing  
772-597-3667

**Miami Dade County:**  
**Marleine Bastien, MSW, LCSW**  
FANM, Inc.  
(305)756-8050  
(305)756-8150

**Mr. Tom Comerford, Director**  
Sacred Heart Outreach  
(305) 498-8459

### 3. **Non Prescription Drugs**

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup Ipecac (used to induce vomiting if instructed by the poison control center)
- Laxatives



#### 4. Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery operated radio and extra batteries



*Broward County:*

**Ms Wanda Lopez**  
St. Isidro Catholic Church  
954-971-8780

*Collier County:*

**Schlea Williams, Shelter Manager**  
Immokalee Friendship House  
(239)657-4090

**Miguel Delacruz, Property Manager**

Horizon Village  
239-657-3398  
Cell: 239-842-0491

**Sylvia Delgado**

Redlands Christian Migrant Association  
239-503-4056



**What You Need to Know in  
Case of an Emergency**

*Brevard County:*

**Pastor Javier LaBoy**  
**LifeHouse, Inc.**  
Telephone 321 726-9003

**Pastor Asdrual Salinas**  
Iglesia Pan de Vida  
321 504-9569

**Maryann Gilbourd**  
Ascension Catholic Church  
Social Concerns and Food Pantry  
321-259-5658

**Sandra Ayala**  
Iglesia Discipulos de Cristo  
321 733-0059



- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher; small canister ABS type
- Pliers



- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers



- Single flare
- Paper, pencil

- Leave early enough to avoid being trapped by severe weather.
- Stay away from downed power lines.
- Let others know where you are going.



- Listen to a battery powered radio and follow local evacuation instructions.



- Gather your family and go if you are instructed to evacuate immediately.

- Shut-off wrench ( to turn off gas and water)
- Whistle
- Plastic sheeting
- Map of the area (for shelter locating)



#### 6. Sanitation



- Toilet paper, towelettes

- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items



- Household chlorine bleach

- Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.



- Make transportation arrangements with friends or your local government if you do not own a car.

## Evacuation

There are a few things to keep in mind when there is little time to get everything you need in case an evacuation is necessary. Always keep these things in mind;

- Keep a full tank of gas in your car if an evacuation seems likely.



- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant

## 7. Clothing and Bedding

Include one complete change of clothing and footwear per person



- Blankets or sleeping bags

- Sturdy shoes or work boots
- Rain gear



- Hat and gloves
- Thermal underwear
- Sunglasses
- Prescription drugs



- Passports, social security cards, immunization records

**Important Family Documents**

- Keep records in a waterproof, portable container
- Will, insurance policies, deeds, stocks and bonds
- Bank account numbers



- Denture needs, contact lenses and supplies.
- Extra eye glasses
- Credit card information
- Inventory of household goods, important telephone numbers.
- Family records (birth, mar-



riage, death certificates).

### 8. For Baby

- Formula
- Diapers
- Bottles
- Powdered milk



- Medications

### 9. For Adults

- Heart and high blood medication
- Insulin

### 10. Entertainment



- Games and books
- Portable music device