

2018 HURRICANE SEASON PREPAREDNESS


FEMA

In this last week of National Preparedness Month we would like to discuss the importance of budget planning when preparing for a disaster. Please consider using some of these suggestions to prepare for an emergency. Remember to share this information with friends and coworkers.

Thanks!



Financial Preparedness

Only about half of all Americans have money set aside for an emergency and over 40 percent don't have \$400 in savings, according to the Federal Reserve. Are you prepared? What will you do if there is a disaster?

WE ENCOURAGE YOU TO:

- Plan financially for the possibility of disaster.
- Set aside money in an emergency fund.
- Plan on how you will pay your bills if a disaster happens.
- Keep some cash on hand in case of emergencies.
- Know what kind of help your community provides if there is a disaster.

Find more tips to help you manage your money at www.usa.gov/flec.



SAVE FOR AN EMERGENCY

Money planning is an essential part of being prepared during hurricane season. Being financially prepared means you should:

- Consider the costs associated with disasters such as insurance and evacuation costs.
- Anticipate out-of-pocket disaster expenses for lodging, food, gas and more.
- Check your insurance to know if you have enough coverage.
- Have an emergency-only credit card with enough credit to purchase food and supplies for a week or more.
- Try to set aside a small amount from each paycheck to go into your emergency savings account.

Continue on next page.

**NOW IS THE
TIME TO BE
PREPARED!**

- If you or someone in your family is experiencing issues with disaster-related stress, call **Línea PAS at 800-981-0023, TTY 888-672-7622.**

- For more information on hurricane season preparedness visit www.fema.gov/disaster/4339/hurricane-preparedness



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PROTECT YOUR DOCUMENTS

After a disaster, having access to important documents, such as personal, financial, insurance, medical and other records is necessary for starting recovery quickly and efficiently. Take time now to identify, collect and update your personal and financial records and documents.

To prevent water damage to important papers, place photocopies in a plastic bag and double-wrap them to protect them. You could also upload digital copies to the cloud.



For more information visit:

www.fema.gov/media-library/assets/documents/133454

#BeInformed

PREPARE YOUR NUTRITION PLANS

Preparation of a nutrition plan for emergencies considers health conditions, nutritional needs, specific diet needs and allergies of each member of the family. Particular consideration needs to be taken for infants, children, seniors and people with certain health conditions.

- During and after an emergency it is recommended to eat at least one balanced meal per day.
- Specific nutritional recommendations for children may include:
 - Drink water instead of sugary beverages (soda, soft drinks)
 - The use of nutritional supplements (vitamins, protein drinks)
- Specific nutritional recommendations for the elderly
 - Eat food rich in calcium and vitamin D
 - Nutrients like potassium, vitamin B12, iron, zinc, omega-3 fatty acids help protect the nervous system and immune system

- Consume enough water to keep hydrated
- Eat foods low in sodium and sugar

For more information visit:

www.alimentaciony nutricionpr.org

TOOLS THAT CAN HELP

Download FEMA's Emergency Financial First Aid Kit. It's a flexible tool designed to help you gather financial information in one place. It secures documentation you would need to start your recovery after a disaster.

You can access the kit in English here: [Emergency Financial First Aid Kit \(EFFAK\)](#).

In Spanish: [Equipo de Emergencia de Primeros Auxilios Financieros](#)

For more information: www.ready.gov/financial-preparedness (English) or www.ready.gov/es/registros-vitales (Spanish)

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