



Websites to Have in Preparing for Hurricane Season

The 2020 Hurricane season is upon us. Planning for hurricane season can be stressful but when you throw the coronavirus (COVID-19) into the planning stage you may experience more stress. This year as you make hurricane season plans be sure to follow CDC guidelines to protect you and your family from COVID-19.

When preparing give yourself more time to prepare; limit in-person visit to grocery stores & pharmacy by using curbside pick-up, drive thru, online shopping or mail order; pay attention to local guidelines and updates on hurricane information and use social distancing when checking on family, neighbors and friends. Be sure to include 2 mask per persons above the age of 2 and hand sanitizer, soap and disinfectant wipes to your emergency kit this year. These are just a few things to keep in mind while preparing to cut back on stress.

Check out these websites for helpful information:

- Hurricane Preparedness & Recovery
https://sfyl.ifas.ufl.edu/archive/hot_topics/disaster_prep/hurricane_prep_fc.shtml#assemble
- Hurricanes and COVID-19
<https://www.cdc.gov/disasters/hurricanes/covid-19/prepare-for-hurricane.html>
- Preparing for a Hurricane <https://www.cdc.gov/disasters/hurricanes/before.html>
- Hurricane Preparation: Evacuating Your Home
<https://edis.ifas.ufl.edu/pdffiles/FY/FY74700.pdf>
- Preparing for a Disaster: Strategies for Older Adults
<https://edis.ifas.ufl.edu/pdffiles/FY/FY75000.pdf>
- Safe Handling of Food and Water in a Hurricane or Related Disaster
<https://edis.ifas.ufl.edu/pdffiles/FS/FS13100.pdf>