



NOLA READY GUIDE TO HURRICANES



CITY OF NEW ORLEANS

Each year in New Orleans, hurricane season lasts from June to November.

You're probably no stranger to storms. Still, it's important to make a plan with your family in case a storm comes our way. This guide offers the basics.

As a city on the Gulf Coast, New Orleans regularly experiences tropical weather and is at a higher risk for hurricanes. Dangers include high winds, heavy rains, tornadoes, flooding, and power outages, which means you should ensure your property for both wind and flood damage.

There are extra things to consider during an emergency for seniors, young children, people with medical needs, and pet owners.

Find more information at ready.nola.gov.

Helping you stay ready year round,

- THE TEAM AT NOLA READY

NOLA Ready is the city of New Orleans' emergency preparedness campaign, managed by the New Orleans Office of Homeland Security and Emergency Preparedness.



STAY CONNECTED

Sign up for NOLA Ready emergency alerts. Text **NOLAREADY** to 77295 or go to ready.nola.gov



MAKE A PLAN

Make plans in case you need to evacuate or shelter at home. Include your family's and pets' specific needs in your plans.

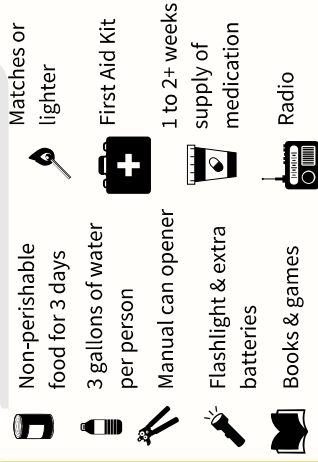


GATHER SUPPLIES

Gather supplies for a "go bag" and a "home kit" in advance.

SHELTER IN PLACE

Make a "home kit"



Clean & secure your property

- ☐ Remove debris from gutters & downspouts.
- ☐ Clear debris from catch basins.
- ☐ Prune trees & shrubs around your property.
- ☐ Bring outdoor furniture & decoration inside.
- ☐ Secure or bring garbage bins indoors.

Prepare for power & water outages

- ☐ Fill a bathtub with water to clean & flush toilets.
- ☐ Turn the fridge to its lowest temperature.
- ☐ Charge electronic devices.
- ☐ Preserve cell phone battery life.

Stay safe and informed

- ☐ Bring pets inside.
- ☐ Lock doors & windows.
- ☐ Stay inside until officials say it's safe.
- ☐ Storms can be scary for kids. Talk about what's happening & entertain with games & toys.

Call 9-1-1 in an emergency. Call 3-1-1 for info.

Depending on storm severity and timing, a mandatory evacuation might be ordered.

If an evacuation is NOT ordered, it's up to you to decide to evacuate or shelter in place.

If the City of New Orleans issues a mandatory evacuation, all residents and visitors MUST leave.

Measuring the wind strength of a storm:



MAJOR

Sign Up for Smart911

The New Orleans Health Department recommends that ALL residents add their medical information to **Smart911**, especially if they have a disability, rely on electricity-dependent medical equipment, or if they have mobility needs. This will enable you to receive customized alerts and resources that may be available during all types of emergencies.

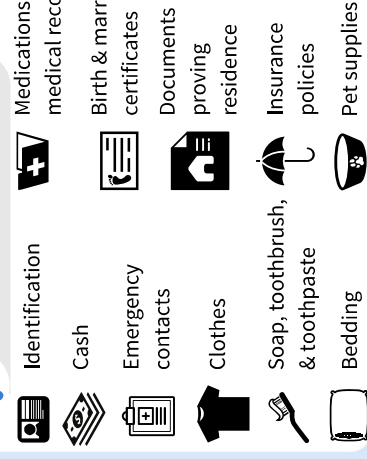


Create a Smart911 Safety Profile for your household at www.smart911.com or download the Smart911 App (Apple Store or Google Play)



EVACUATE

Make a "go bag"



Plan your route

- Know where, how & with whom you're going.
- Leave with a full tank of gas. Plan for a trip that is longer than 4 times the usual.

Use the city-assisted evacuation if you can't evacuate on your own

- During a mandatory evacuation, the city will set-up a centralized evacuation location. Get there by making your way to your nearest bus stop.
- If you can't self-evacuate because of medical needs, you may be eligible to be picked up from your home. [Call 3-1-1](http://Call3-1-1).
- Buses will bring you to a state shelter outside of the affected area and bring you back when it's safe.
- Registration is not required to use this service.
- Identification documents are recommended, but not required.
- Each person may bring only 1 carry-on size bag, and any necessary medical equipment.
- Families will be kept together, and all pets are welcome.
- Pets should have an ID collar, leash, medications, and a carrier.

Depending on impact and resource needs, the City may operate a post-storm evacuation.

GENERATOR SAFETY



FOLLOW THE 20-20-20 RULE

If you or a loved one uses a gas generator:



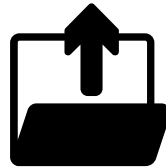
Keep the generator at least **20 feet** away from your home.



Turn off for at least **20 minutes** before refueling.

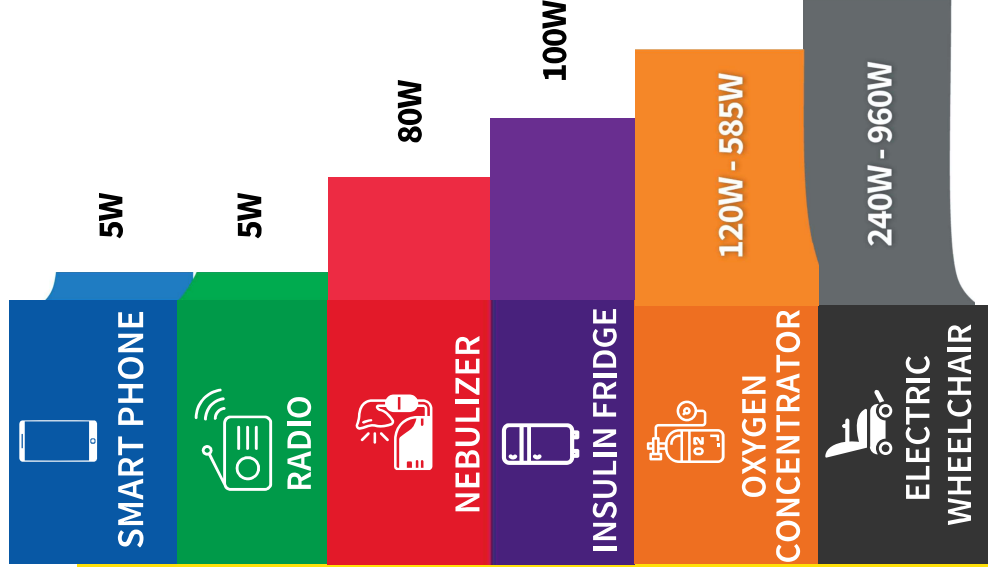


Purchase a battery-operated **\$20 alarm** to detect carbon monoxide.



Leave your home immediately if your carbon monoxide detector goes off.

HOW MUCH ENERGY DOES IT TAKE TO CHARGE MY DEVICE?



For more resources for people with disabilities, medical needs, and seniors, go to:

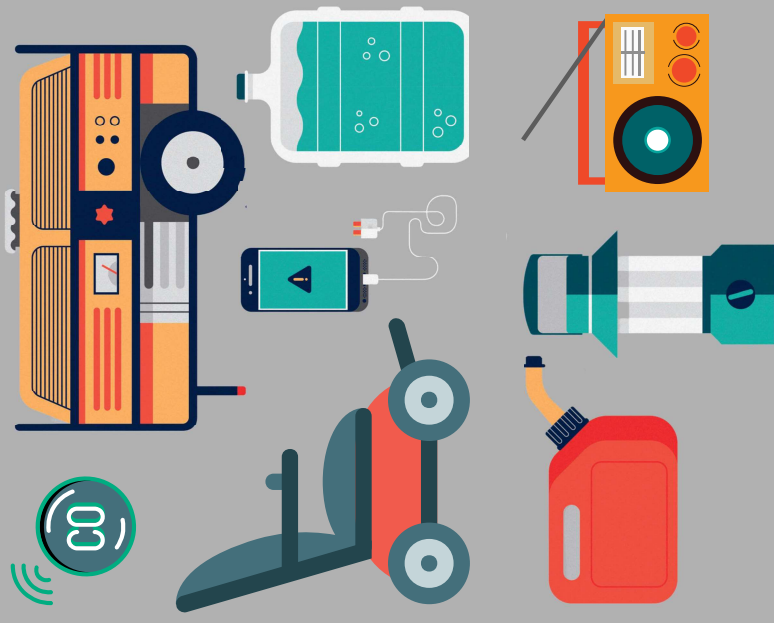


ready.nola.gov/access



NOLA READY
THE CITY OF NEW ORLEANS

GUIDE TO POWER OUTAGES



Power outages can happen for many reasons, lasting for a few minutes or for days. Here are tips on what to do and how to prepare.

PREPAREDNESS TIPS:



Use **flashlights**, not candles.



Prepare for power outages by **fully charging devices before storms**.



Preserve **cell phone battery**. **Texting** saves battery life compared to **calling**.



Keep fridge doors closed. Most refrigerated food will keep in a closed fridge for several hours.



Keep **backup batteries or power banks** and **charging cables** for devices on hand.



Reach out to your **support networks** to make a plan (family, friends, neighbors, places of worship, etc.)



Identify **locations in your neighborhood with backup power** where you could charge your devices AND/OR refrigerate medication.

Emergency Resource Centers

During a significant power outage, the City of New Orleans **might** open **daytime cooling centers and/or charging stations** near you. There is no guarantee that any location would be activated at any time.



Sign up for emergency alerts for updates by texting **NOLAREADY** to **77295**.

NO East

- Joe Brown Recreation Center

Hollygrove

- Carrollton Multi-Service Center

Gentilly

- Milne Recreation Center

Treme

- Treme Recreation Community Center

9th Ward

- Sanchez Multi-Service Center
- Stallings St. Claude Recreation Center

City Park

- Gernon Brown Recreation Center

Uptown

- Rosenwald Rec Center (Gert Town)
- Lyons Recreation Center (Touro)
- Milton H. Latter Library
- Nix Public Library

West Bank

- Cut-Off Community Center
- Arthur Monday Center
- Cita Dennis Hubbell Library
- Algiers Regional Library

For more info, go to [**ready.nola.gov/plan/power-outage**](https://ready.nola.gov/plan/power-outage)

DEFINITIONS THAT CAN HELP WITH AWARENESS

Heat Index

Also called the “feels like” temperature, it takes the ambient temperature and factors in the humidity

Urban Heat Island

Higher surface temperatures due to buildings, roads, and other infrastructure absorbing and re-emitting the sun's heat

Heat Illness

A condition resulting from the body's inability to cope with a particular heat load, leading to a significant rise in body temperature leading to illness

Cooling Center (Emergency Resource Center)

A public building in which individuals can use the A/C to cool off during daytime hours. They provide device charging stations, air-conditioning, water, and public information

HELPFUL RESOURCES

Scan this QR code to check the daily heat risk forecast!



You can also access the heat risk forecast through the link below:

<https://ephtracking.cdc.gov/Applications/HeatRisk/>

And scan this QR code to download the NIOSH Heat Safety App on your phone



You can also access the heat risk forecast through the link below:

<http://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

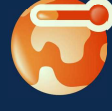
Text NOLAReady to 77295 to sign up for emergency alerts

For even more information on extreme heat and heat-related illness, visit the CDC website below:

<http://www.cdc.gov/disasters/extremeheat/index/html>



BEAT THE HEAT



Guide to
EXTREME HEAT

WHAT CAN MAKE YOU

VULNERABLE TO EXTREME HEAT

Personal Risk

- Age

Infants, children under 4, and people over the age of 60 are at greater risk for heat illness



- Pregnancy
- Managing chronic conditions like heart disease, poor blood circulation, mental illness and obesity
- Taking certain medications

Includes tranquilizers, water pills, antihistamines, beta blockers, laxatives and drugs used to treat mental illnesses or Parkinson's disease

- Not having access to air conditioning
- Working outdoors
- Outdoor athletics
- Dehydration
- Alcohol and caffeine consumption
- Use of any drugs

Environmental Risk

- Air temperature and air movement
- Relative humidity
- Heat given off by the sun and other sources like heavy machinery
- Heat cast off from surfaces such as concrete and asphalt

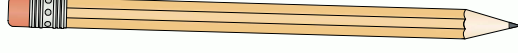
MAKING A PLAN

Stay Hydrated

- ☐ Drink water throughout the day. Don't wait until you feel thirsty to drink!
- ☐ Drink low sugar, electrolyte drinks
- ☐ Limit caffeine and alcohol if you plan to be in the heat

Stay Cool

- ☐ Limit outdoor activity and plan to run errands before 11:00AM or after 5:00PM
- ☐ Wear lightweight, light-colored, loose-fitting clothing and sunscreen
- ☐ Pace yourself and rest often
- ☐ Use more than a fan as your main cooling device
- ☐ Take pets with you, do not leave them in parked cars
- ☐ Never leave children alone in a car
- ☐ Plan for meals that are light and do not require the stove to prepare



Stay Informed

- ☐ Determine which public, air-conditioned building is closest to your home
- ☐ Check on friends and neighbors and have someone check on you
- ☐ Sign-up for Smart 911 to share valuable health information with 9-1-1 during an emergency



Sign-up today at nola.gov/smart911 or call 3-1-1 to speak to a representative!

KNOW THE SIGNS AND SYMPTOMS OF HEAT ILLNESS

Heat Stroke

- High body temperature (103°F or higher)
- **Hot, red, dry, or damp skin**
- Fast strong pulse
- Headache, dizziness, nausea, confusion
- Loss of consciousness

Heat stroke is a medical emergency, call 911 right away!

After calling, move the person to a cool place, apply cool clothes, and put the person in a cool bath if possible. DO NOT give them anything to drink!

Heat Exhaustion

- Heavy sweating, **cold, pale, clammy skin**
- Dizziness, headache, nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Loss of consciousness

Move the person to a cool place, loosen their clothes, and apply cool clothes or put them in a cool bath. It is OKAY to give them sips of water!

Seek medical help right away if symptoms last longer than an hour!