

NODS WANTS YOU TO KNOW

AUGUST 2010

INSIDE THIS

Securing your	4
home	
Hurricane Kit	6

Checklist

2010 Hurricane 13
Shelters

Shelter Supply Kit |

Evacuation Plan- 19

Damage Assess- 21 ment

Relief Agencies 26
Assistance

HURRICANE PREPAREDNESS

At the National Office of Disaster Services (NODS), we are making a concerted effort to ensure the safety and well being of you and your family in the event of a hurricane.

As part of this effort, we are pleased to provide residents with this brochure on how you and your loved ones may prepare for hurricanes.

It is vital that each resident is educated on how to be prepared for and what to do should a hurricane strike.

This guide will help get you started.

The hurricane season runs from June 1st to November 30th but you can ward off some of the danger if you are prepared. These suggestions will help you stay ahead of the storm.



Convene a Family meeting. Make a disaster plan.

"Make sure
everyone in your
family knows
how to respond
in the event of a

hurricane"



PLANNING AHEAD

To make sure everyone knows how to respond in the event of a hurricane, you might want to convene a family meeting or meetings.

Topics of discussion should include:

- What to do about power outages.
- How to deal with personal injuries.
- How to turn off the water, gas and electricity at main switches.
- What to do if you have to evacuate.
- Where to meet and whom to contact if you get separated.
- Make arrangements for your pets.

EMERGENCY CONTACTS

Emergency Contacts

- 1. Post emergency telephone numbers by the telephones.
- 2. Teach children how and when to call 911 for help.
- 3. Take a Red Cross first aid and CPR class.

(A LIST OF EMERGENCY CONTACTS CAN BE FOUND ON PAGE 28)

GETTING YOUR FOOD SUPPLY READY



Have at least a three-day supply of nonperishable food on hand.

Focus on high-nutrition foods that require no refrigeration, preparation or cooking and little or no water.

"HAVE AT

LEAST A

Suggestions (Your foodstuffs should include):

THREE DAY

• Ready-to-eat canned meats, fruits, vegetables

SUPPLY OF

Canned juices, milk, soup

NON-

• Staples, including sugar, salt, pepper

PERISHABLE

• High energy foods, including peanut butter, jelly, crackers, granola bars.

FOOD ON

• Vitamins

HAND"

• Foods for infants, the elderly or people on special diets

Comfort/stress foods, including cookies, hard candy, instant coffee, tea

Note: A two-week supply of nonperishable food is recommended.

Keep a supply of cooking and eating implements that can be used in the absence of running water or electricity, including:

- Plastic utensils, paper cups and plates
- Manual can and bottle openers
- A heating source, such as a camp stove



Non-perishable Food is Best.

Board up windows or attach storm shutters.

"SECURE
ANYTHING
THAT MAY
TEAR LOOSE

OR BLOW AWAY"

"FILL YOUR CARS GAS TANK"

SECURING YOUR HOME

Board up windows or attach storm shutters. Taping windows will not prevent breakage, but will help reduce shattering.

Allow a minimum of 3 gallons of water for each person.

Check flashlights and radios. Make sure you have batteries.

Check trees and shrubbery, and remove limbs that could damage your house or utility lines.

Secure anything that might tear loose or blow away, including garbage cans, grills, potted plants, etc.

Do not lower the water level in your swimming pool, or it may pop out of the ground.

Add extra chlorine to the pool to help prevent contamination (3 gallons of chlorine per 5,000 gallons of water).

Fill your car's gas tank.

EMERGENCY HOME PREPAREDNESS CHECKLIST

WATER

One gallon of water per person per day. Half gallon of water for drinking and the other half-gallon used for personal hygiene. Airtight Plastic containers are perhaps best for water storage.

If you do not have enough pre-stored water, use the following recipe to ensure that your water is safe to drink:

- 1. Strain the water through several layers of thick cloth to remove dirt before purifying; or let water settle in a container for 24 hours so that solid particles sink to the bottom.
- 2. Use one of the following methods to purify the water:
- Boil water for ten minutes or:
- Add four water purification tablets (available in drugs stores) per gallon of water.
- Add twenty (20) drops of two percent <u>tincture</u> of iodine per gallon of water or:
- Add eight (8) drops of chlorine bleach (without soap, lemon or other additives) per gallon of water.
- 3. Stir and let stand for 30 minutes.
- 4. To improve the taste of purified water, put oxygen back into it by pouring it back and forth between two containers.

"BOIL WATER
FOR TEN
MINUTES"



Ensure that your water is safe to drink



Stock a Hurricane Kit

"At Least one Change of Clothes Per Person"

"Pack a first Aid Kit"

HURRICANE KIT CHECKLIST

Along with overnight clothes consider stocking your hurricane kit with the following.

MEDICINE:

First aid kit

Rubbing alcohol

Aspirin and non-aspirin pain relieve

Antacid (for upset stomach)

Medicine for diarrhea

Special medication for diabetics, heart, high blood pressure

Insulin (carry extra supply in a ice box)

CLOTHING/BEDDING- (KEEP IN A TRAVEL BAG OR CLEAN PLASTIC BAG)

At least one change of clothing per person

Sturdy shoes

Hat and work gloves

Blankets and pillows or sleeping bags

Folding cot

HURRICANE KIT CHECKLIST

PERSONAL NEEDS:

Towels

Washcloths

Soaps

Combs

Shampoo

Conditioners

Toothpaste

Toothbrush

Eyeglasses/contact lens

Special dental needs

Toilet Paper

Sanitary napkins

Deodorant

Lotion, powder

Disinfectant

"Make sure you pack personal needs items"



Add Personal needs its to your hurricane kit



HURRICANE KIT CHECKLIST

Along with overnight clothes consider stocking your hurricane kit with the following.

OTHER IMPORTANT SUPPLIES

Battery-operated radio and extra batteries

Flashlights and extra batteries

Can opener

Match and lighter

Portable cooler

Watch/clock

Plastic trash bags

Aluminum foil

Household chlorine bleach (can be used for purifying water)

Bug repellent

Trap or plastic sheeting

Hammer and nails (for temporary window and roof repairs)

Cleaning Supplies (disinfectant, sponges, etc.)

"Battery
Operated Radio
and Extra
Batteries"

"REPLACE BATTER-IES, UP-DATE CLOTHES"

RECOMMENDATIONS FROM LOCAL RED CROSS

RECOMMENDATIONS FROM LOCAL RED CROSS SOCIETY

Store your kit in a convenient place, known to all family members.

To be ready for evacuation, keep a smaller version of your hurricane supply kit in the trunk of your car during the start of the hurricane.

Keep items in airtight plastic bags.

Change your stored water supply every six months to keep it fresh.

Rotate your stored food every six months (use or donate stored food in the off season).

Restock your kit at the start of each hurricane season. Replace batteries, update clothes, etc.

Ask your physician or pharmacist about storing prescription medications.

"RESTOCK
YOUR KIT AT
THE START
OF EVERY
HURRICANE
SEASON"



Store your Kit in a Convenient Place, known to all family members.

Learn the elevation of your area, its flooding and storm surge history.

"Make a list of all the items that should be brought in or tied down"

YOUR HOME

Complete This Checklist Before Hurricane Season

Learn the elevation of your area and its flooding and storm surge history to decide on the best course of action. Check with your Development Control Authority (DCA) office, your bank or insurance agent.

Make a list of all loose items that should be brought in or tied down (patio, furniture, garbage cans, plants etc.) Don't forget the T.V. antenna.

Urge neighbors to make their homes Hurricane Resistant. The flying debris may cause damage to your property, injure or kill your family members.

Trim trees so that wind can blow through easily. Excess limbs can become deadly projectiles, breaking windows and damaging roofs.

Get hurricane shutters or plywood to protect all sliding-glass doors, windows, double entry doors, etc.

WHEN TO MOVE TO A SHELTER?

One should move to shelter during the warning as soon as the local Meteorological Office indicates that the storm/ or hurricane will definitely be impacting Antigua and Barbuda.

Ninety nine percent of everything you need to use in a shelter you have at home. Make sure you pack what you need if you decide to go to a shelter and carry them with you.

WHAT TO EXPECT ON ARRIVAL AT A SHELTER

- I. Registration
- 2. Shelter Management
- 3. Shelter Rules
- 4. Security
- 5. Allocation of space
- 6. Welfare service

- 7. Water Storage
- 8. Sanitation
- 9. Information
- 10. Communication
- 11. Medical Care/First aid

"Ninety nine percent of everything you need to use in a shelter you have at home"



Make sure you pack what you need if you decide to go to a Shelter



WHAT TO TAKE TO A SHELTER

I. Water

2. Food

3. Medicines

4. Personal Needs

5. Clothing

6. Bedding

7. Other important supplies

WHAT NOT TO TAKE TO A SHELTER

I. Pets

2. Illegal Drugs

3.Alcohol

4. Weapons

"Follow the shelter guidelines

THINGS TO DO WHILE AT A SHELTER

- I. Co-operate with the Shelter Management Team.
- 2. Assist with the daily routine activities of the shelter

ALL SAINTS EAST AND ST. LUKES

1.	J.T. Ambrose Primary School**	All Saints
2.	John Hughes Methodist Church	John Hughes
3.	John Hughes Primary School	John Hughes

4. Old Road Primary School Old Road

Shared facilities with All Saints West

ALL SAINTS WEST

Buckley's Primary School
 Freeman's Village Primary School
 Sea View Farm Primary School
 Sea View Farm

Shared with All Saints East and St. Luke's

CITY EAST

Villa Seventh-Day Adventist Church
 Jehovah Witness Kingdom Hall
 Summer Lane, Gambles

RURAL EAST

Clare Hall Secondary School Clare Hall
Shiloh Gospel Hall St. Johnsons Village

RURAL NORTH

1. Cedar Grove Primary School Cedar Grove

"RESTOCK
YOUR KIT AT
THE START
OF EVERY
HURRICANE
SEASON"



Co-operate with the shelter management team.



RURAL SOUTH

1.	Mary E. Pigott Primary School**	Ottos
2.	Ottos Comprehensive Secondary School**	Ottos
3.	St. John's Church of Christ	Golden Grove
4.	Golden Grove Primary School**	Golden Grove

** Shared facilities with St. Mary's North and City South**

RURAL WEST

1.	Green Bay Primary School	Federation Road
2.	St. Anthony's Anglican Church	Christian Street

ST. MARY'S NORTH

	Shared facilities with Rural S	South
2.	St. John's Church of Christ	Golden Grove
1.	Golden Grove Primary School**	Golden Grove

ST. MARY'S SOUTH

1.	Bolans Seventh-Day Adventist Church	Bolans Village
2.	Urlings Seventh-Day Adventist Church	Urlings Village
3.	Urlings Primary School	Urlings Village

ST. PHILLIPS NORTH

1.	Glanvilles Seventh-Day Adventist Church	Glanvilles
2.	Glanvilles Primary School	Glanvilles

ST. PHILLIP'S SOUTH

1. Freetown Methodist Church Freetown Village

"Anyone under the influence of alcohol and drugs in the opinion of shelter manager can be

prohibited from

entering shelter."

ST. GEORGES

1. Pigotts Seventh-Day Adventist Church

2. Pilgrim Holiness Church

3. Potters Primary School

Pigotts

New Winthropes

Potters

ST. PAUL'S

1.	Cobbs Cross Primary School	Cobbs Cross
2.	Liberta Primary School	Liberta
3.	Grace Hall Pre-School	Liberta

ST. PETERS

1.Parham Primary SchoolParham2.Pares Primary SchoolPares Village

CITY SOUTH

Ottos Comprehensive Secondary School**
 Mary E. Pigotts Primary School**
 Shared facilities with Rural South

CITY WEST

St. Andrews Anglican Church
 Bethel Anglican Church
 St. Johns St.

BARBUDA

1.	Peoples Church	Barbuda
2.	Barbuda Seventh-Day Adventist Church	Barbuda
3.	Barbuda Pentecostal Assembly	Barbuda
4	Barbuda Day Care	Barbuda

Aid kit and prescription medicine"

"Pack a First





"Anyone under the influence of alcohol and drugs in the opinion of shelter manager can be prohibited from entering shelter."

SHELTERS RULES

No smoking in shelters

The use of indecent or obscene language is prohibited

No drinking of alcoholic beverages.

No cursing, stealing or fighting will be tolerated.

No defacing or vandalism of shelters will be tolerated.

Persons are expected to leave shelter to a more prominent place of residence as soon as possible.

Anyone under the influence of alcohol and drugs in the opinion of Shelter

Manager can be prohibited from entering shelter in that state.

No animals will be allowed in a shelter.

Relief items allocated to shelters are for the sole use of the shelterees and are not to be sold, credited or given to anyone who is not a resident of the shelter.

There is to be no indecent exposure of private body parts in the shelters.

No persons should leave the shelter without first notifying shelter management of his/her intentions and sign out.

Persons who falsify information about the status of their dwelling to prolong their stay to benefit from relief supplies may be forcibly removed.

No visitor will be allowed in shelters after 22:00 hours (10 0'clock) p.m.

Relief supplies distributed to families or individuals for a period of time will not be replenished until the next due date of distribution.

Any contravening of the above rules may result in the Shelter Manager turning the matter over to the police, for the appropriate legal actions to take place.

SHELTER SUPPLY KIT

Use items from your Hurricane Supply Kit, store in an easy to carry container such as a backpack or duffel bag. The local Red Cross recommends the following items:

Bottled water

Packaged or canned food; a non-electric opener

Change of clothing, rain gear and sturdy shoes

Blankets and pillow or sleeping bags

First aid kit and prescription medicine

Cards, games and books

Toiletries

Eyeglasses

Battery-powered radio

One flashlight per person, extra batteries

Identification cards

Extra sets of car keys

A list of family physicians

"Pack a First

Aid kit and

prescription

medicine"





SHELTERS RULES

SPECIAL ITEMS FOR KIDS

Baby supplies

Games and toys

Favorite blanket or toy

Favorite food

Coloring books, crayons

"Pack
children's
favourite
toys, food
and
books"

EVACUATION PLANNING

It is important to plan evacuation and other transportation needs well before the actual crisis. As a result of previous hurricanes/disaster experience, people may become overcautious and may create a problem of over-evacuation. It is important that you decide beforehand if you will evacuate in the event of a hurricane. If you decide to do so, the earlier you start the journey the better. This will prevent long traffic delays, etc.

Find out if you are in an evacuation area. If so, decide where you will stay and what route you will take. It may be more comfortable to stay with a friend, relative or a hotel away from the danger zone. Consider a shelter as a last resort.

IF you are not in an evacuation area, plan to stay in your home and make the necessary preparations. If you don't feel safe in your home, plan to stay with friends or relatives who have made hurricane preparations.

IF someone in your home is elderly, disabled, and bedridden, requires constant medical care or need electrical life-support equipment, call your emergency management office for special instructions.

Disabled persons who require special transportation, should make early arrangements with the appropriate agencies, as this type of transportation is not always in adequate quantity.

IF you live alone, consider "teaming up" with a neighbor to work out an evacuation plan. You can help each other by sharing supplies and a ride.

IF you choose to stay in a shelter, learn the location of the shelters nearest you. Keep in mind that shelter location may change. When a storm threatens, listen to the radio or T.V. to find out which shelters will be open.

Most shelters are not equipped to deal with people with special medical needs. If someone in your home will require special attention, discuss alternate plans with his or her health care professionals in advance.





Plan Evacuation and other transportation needs well before the actual crisis.



"Consider
your
mooring
options well
in advance"

BOAT OWNERS

Boats may be vulnerable during a hurricane, but you may minimize damage by following these safety precautions:

- Make a plan. Consider your mooring options well in advance.
- Make sure your boat is watertight and in sound condition. Absentee owners should arrange a supervised inspection.
- If you keep your boat on a trailer, check with the boat manufacturer about the best way to secure your boat during a storm.
- If you have made mooring arrangements, check the size and strength of the deck hardware (e.g. primary <u>chocks</u>, cleats bits, bollards and winches). Hurricane moorings should have double lines.
- Purchase necessary hurricane materials such as additional mooring lines, crew anchors, fenders, fender boards, chafing gear and anchors. These items may not be available when a hurricane watch is issued.
- At piers, ask persons in authority about hurricane policies and procedures for boats left at the facility.
- Contact local marine and law enforcement agencies for evacuation plans.
- Marine experts say that boats should be moved at least 48 hours before a hurricane is expected to hit the area (this will be before a watch is issued).
- Rehearse your planned boat movements.
 - Make sure insurance policy is current.
 - Record and keep with you the vessel's registration number, description and local.
 - Also, keep current photographs or video of your boat.

DAMAGE ASSESMENT MAKE SURE YOU QUALIFY

The Damage assessment Process for Antigua and Barbuda:

- Initial Situation Report
- Initial Damage Assessment
- Detailed Sectorial Assessment

Damage inspectors will schedule appointments to visit people who have applied for disaster assistance. If your home has been damaged, one or more inspectors may visit simply to verify your claim.

A representative from the Rehabilitation and Reconstruction Committee verifier will schedule an appointment to verify losses after you apply for disaster assistance through the local district disaster committee. An adult should be present at the time inspection is made.

The local Red Cross Society sends loss verifiers if you apply for Red Cross assistance.

Local building and safety inspectors may be sent to see if damaged buildings are safe to enter.

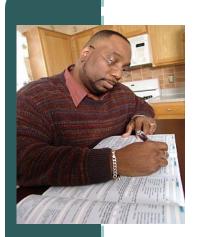
All inspectors and verifiers carry official NODS identification. If an inspector or verifier is not wearing an identification card or badge, ask to see it.

When you apply, you will be asked to give the address of the house where you can be found if different from the damaged property.

"All inspectors and verifiers carry official NODS identification"



If your home has been damaged one or more inspectors may visit simply to verify your claim



DISASTER UNEMPLOYMENT ASSISTANCE

Weekly benefits for those out of work due to a disaster may be available from the Government, the Red Cross and other voluntary organizations including self-employed persons, taxi drivers, hotel workers, farmers, fishermen and other not mentioned in the above list.

Application must be made to your district disaster committee, which will then be forwarded to the N.E.O.C.

"Weekly
benefits for
those out of
work due to a
disaster may
be available
from the
government"

NODS WANTS YOU TO KNOW

DAMAGE ASSESMENT MAKE SURE YOU QUALIFY

Must have owned the damaged property and lived in it at the time when it was damaged.

A representative from the district or national level must have assessed the damage and verify the assessment teams conclusions

You must file a request for assistance with your district disaster committee.

Your name and address must be on the master sheet at the N.E.O.C./.N.O.D.S

A member of the national verification team must verify your damage.

Duty free concession will not be given unless those persons seeking assistance have completed the required process.

If you lose your source of employment as a result of the disaster, and not able to find other employment. Food packages or cash may be available. "You must file a request for assistance with your district disaster committee"



A member of the national verification team must verify your damage.



"Each
employee
must be
familiar
with his/
her
workplace
emergency
disaster
plan."

CHAMBER OF COMMERCE

All business entities must report their damage to the chamber of commerce, who will pass this information to the National Emergency Operation Centre.

2. If you apply for duty free concession or government assistance, and your damage is not on the master list at the National Emergency Operations

Centre or the National Office of Disaster Services (N.E.O.C./N.O.D.S.).

The following is possible:

- (a) Your request may be turned down or.
- (b) It could take several days to verify your claim.
- 3. Exits should be clearly marked.
- 4. Each employee must be familiar with his/her workplace emergency/ disaster plan.
- 5. Salvaging of equipment and other resources must be done as soon as possible after the impact. This may require special arrangements with employees. Failure to salvage sensitive equipment and other items may result in permanent damage or total destruction e.g. computer, fax and photocopy machines are extremely vulnerable. And can result in employees being laid off or businesses being closed.
- 6. If employees are required to assist with salvaging operations, transportation must be considered for transporting persons to and from work since the local bus services may be temporarily disrupted.
- 7. Fire extinguishers should be a part of every business establishment.

 Where extinguishers are present employees must be trained to use them.

CHAMBER OF COMMERCE

- Business places should conduct regular drills to familiarize employees with safety and evacuation procedures.
- Your plan should include procedures to be carried out during the watch and warning.
 Employees should know what time to leave their work place during a hurricane threat.
 For example, they would need to leave the work place to secure their own properties.
- Each business should have installed a smoke detector.
- Each business place should have arrangements in place so those employees know who are part of the salvaging team know what they should do.
- Security of business places during a hurricane watch must be done in such a manner so that those employees are not shortchanged of time left to secure their own interests.
- Each property owner, whether business or private dwelling, should know what your insurance policy covers, what they will pay for and not pay for (under insured or over insured)

"Businesses should conduct regular drills to familiarize employees with safety and evacuation

procedures"



RELIEF AGENCIES ASSISTANCE

Volunteer relief agencies, such as the Red Cross, the Salvation Army and other religious groups offer a wide range of services from supplying personal hygiene kits to "last resort" financial assistance or food packages, but you must apply through your district disaster organization.

To help you, the National Office of Disaster Services (NODS) will...

- Provide you with access to disaster assistance
- Provide you with an opportunity to tell your story to a responsive
 N.O.D.S. Representative
- Treat you with respect and caring
- Give you clear, accurate information about available assistance and how to apply for it.
- Explain clearly what you need to do after registration, what you can expect from Government agencies and how long the process should take.
- If you are eligible, we will provide you with disaster housing assistance as
 promptly as possible and give you an estimate of when you will receive assistance.
- Advise you on how to protect against future losses
- Use your suggestions to improve our service.

"NODS will provide you with access to disaster assistance"

CHAMBER OF COMMERCE

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"BUSINESS
PLACES
SHOULD
CONDUCT
REGULAR
DRILLS.E"



EMPLOEES SHOULD KNOW
WHAT TIME TO LEAVE THEIR
WORKPLACE DURING A HURRICANE THREAT.



Make a list of emergency numbers.

EMERGENCY NUMBERS

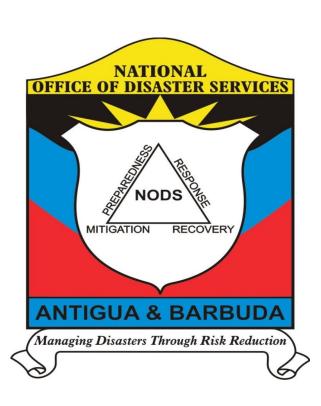
Emergency911
Fire462-0044
Hospital462-0251
Police emergencies462-0125
National Office of Disaster Services462-4402
AA Alcoholics Anonymous
Air/Sea Rescue462-3062
Ambulance462-025 I
APUA Information Center611
Water/electricity Faults311
Domestic Violence

ABOUT NODS

The National Office of Disaster Services (NODS) was established as a state-run agency of the government with responsibility to reduce the vulnerability of natural and technological hazards in the twin island state, through multi-sector and integrated hazard risk reduction management.

(NODS) through its operations seeks at all times to save life and protect property in Antigua and Barbuda.

NODS also provides administrative and emergency support base on request from the Caribbean Disaster Emergency Management Agency (CDEMA) to assist any of the CDEMA member states.





FIND US ON FACEBOOK





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