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PREPARING FOR DISASTER

No one likes to think about what might happen in case of a disaster. Why plan for something that may never happen? Why not wait to prepare until a disaster is at hand? Disasters rarely give enough advance warning to give you time to do all you need to do to prepare. Even if they do, the stress you experience from leaving everything for the last minute is not worth it! Make planning a family project. This will help everyone to know what their responsibilities are and give the family a sense of security.

Here are the three things you must do in order to plan for financial recovery after disaster:

- Gather important papers and documents
- Prepare a home inventory
- Ensure that your insurance is adequate to cover your needs in the event of disaster

Important Papers

Many of us know how stressful it can be to have to look for important papers in a "mini-emergency" situation. Whether you tore up the house looking for your Social Security card the last time you started a new job, spent an afternoon trying to track down a birth certificate for school enrollment, or just hunted down your passport before your last vacation, you probably know that tracking down a "few pieces of paper" takes time and brings stress. Protect those valuable papers and your financial future now. It is important to keep many of your important documents and paperwork in a fireproof and waterproof container.

Always keep these things with you:

- Photo ID
- Medical information, such as blood type, health conditions, allergies, and your doctor's name, address and phone number
- Prescription drug information

For More Information

Disaster Planning: Important Papers and Documents, by Josephine Turner: [http://edis.ifas.ufl.edu/FY619](http://edis.ifas.ufl.edu/FY619)
Preparing for Disaster

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Always keep these things with you:

- Photo ID
- Medical information, such as blood type, health conditions, allergies, and your doctor's name, address and phone number
- Prescription drug information
- Credit cards
- Cash for emergencies
- Emergency contact information

On-the-Go Papers and Documents

Prepare a special packet in case of disaster. You can store many of these documents electronically on a CD, disk, or USB flash drive. You can scan some of these original documents into your computer or have them scanned in so that you can have an electronic archive. Keep this packet together in one accessible but secure place so you can "grab them and go."

Include these items:

- Checking and banking account numbers and bank names
- List of savings and investments. Include CDs, stocks, bonds and mutual funds
- Credit card safety record
- Household inventory
- Insurance policies, with the name of the company, type of policy, and policy number
- Copy of wills, trust documents, Living Wills/Advance Directives
- Titles (house, car, other property)
- Certificates (or copies)
  - Birth
  - Marriage
  - Divorce
  - Death
  - Adoption
- Passports
- Educational Records

For More Information

_Disaster Planning: Important Papers and Documents_, by Josephine Turner: [http://edis.ifas.ufl.edu/FY619](http://edis.ifas.ufl.edu/FY619)
PREPARING FOR DISASTER–OLDER ADULTS

Disasters create challenges for older adults and caregivers. In addition to the planning and basic disaster supply kit that everyone needs, you may need to make special plans.

Important Things to Do to Prepare

- Make lists and put your needs and the needs of the person you care for in writing
- Let family, friends, and neighbors know what you need
- Keep extra supplies on hand

Lists and Information You Need to Write Down

- Emergency information contact list and transportation plan
- Detailed medical information
- Medications, dosage, special instructions, location
- Special dietary needs
- List of doctors, relatives, and friends to notify if you are hurt; include addresses and phone numbers
- List of the styles and serial numbers of medical devices
- Detailed description of your daily routine
- Actions that cause extra pain, nervousness, or distress for you or your care receiver
- How to care for and handle your service animal, if you have one
- Medical insurance and Medicare cards
- The location of the special needs evacuation centers nearest you. Know how to get there from your home.
- If you are dependent on dialysis or other life-sustaining treatment, know the location and availability of more

From: Preparing for Disaster: Strategies for Older Adults
http://edis.ifas.ufl.edu/FY750

For More Information

Disaster Preparedness for Seniors by Seniors: Available from the American Red Cross or online at http://edis.ifas.ufl.edu/FY620 has additional suggestions for items to add to your supply list.

Solutions For Your Life http://solutionsforyourlife.com/
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- How to care for and handle your service animal, if you have one
- Medical insurance and Medicare cards
- The location of the special needs evacuation centers nearest you. Know how to get there from your home.
- If you are dependent on dialysis or other life-sustaining treatment, know the location and availability of more than one facility where you can receive treatment.
- The size and weight of your wheelchair, and whether or not it is collapsible, in case it has to be transported.

**Inform Others about Your Needs**

- Let people know how they can help you
- Tell them where you keep your emergency supplies
- Give someone a key to your home
- Ask your city or county emergency information management office to put you on their lists of people with disabilities so they can find you quickly in case of emergency. Let them know if you leave your home.
- Notify your utility company if you need electricity to operate medical equipment
- Wear medical alert bracelets or tags
- Show others how to operate your medical equipment

**Keep Extra Supplies on Hand**

- Prescription medications
- Extra eyeglasses and hearing aid batteries
- Extra wheelchair batteries, oxygen supplies
- *Disaster Planning Tips for Senior Adults*, by Carolyn Wilken, at [http://edis.ifas.ufl.edu/FY620](http://edis.ifas.ufl.edu/FY620) has additional suggestions for items to add to your supply list.

*From: Preparing for Disaster: Strategies for Older Adults* [http://edis.ifas.ufl.edu/FY750](http://edis.ifas.ufl.edu/FY750)

**For More Information**

PREPARING FOR DISASTER—FAMILIES WITH INFANTS AND TODDLERS

The logistics of going anywhere with an infant or young child can challenge you as a parent. That challenge is magnified by disaster, so careful planning is crucial.

The Key Things to Remember

- Breastfed infants should continue breastfeeding. See Breastfeeding after Disaster at http://fycs.ifas.ufl.edu/news/2006/09/breastfeeding-during-disaster.html for information on the advantages of breastfeeding after disaster. Keep prepared formula in your emergency kit if your baby is formula-fed.
- Include your child's birth certificate, Social Security card, and immunization records among your important papers.
- If your child is in daycare, know the emergency plans your provider follows.

Your Emergency Kit

Additional items to keep in your emergency kit if you have a baby or toddler:

- Prepared formula. If prepared formula is not available, use only bottled water to mix with powdered formula. Disinfected water is not recommended.
- Disposable diapers and diaper changing supplies. Baby wipes, hand sanitizer, and a changing pad are especially necessary for health and safety when you may not have access to clean running water.
- Favorite blanket and toys
- Powdered milk (for toddlers who drink cow's milk)
- Medications and baby care items (infant pain reliever, medicine dropper/syringe, teething medication, diaper rash ointment,
thermometer, nasal aspirator)

- Enough clothing, diapers, food, and water for at least three days. Keep in mind that babies and toddlers will go through multiple changes of clothes in a day, particularly when away from home. Storing each set of clothing in an airtight bag will keep the clothes clean and ready to wear and provide a place to store dirty clothing when you change your child.

**Child Care and Schools**

- Ask your child's school and childcare about their disaster plan:
  - How do they notify parents of a school closure?
  - Where is the meeting place in case of disaster?
  - How do they ensure that children are released only to authorized caregivers?
  - What numbers are available to contact the daycare provider in case of emergency?

**For More Information**

For more on hurricane preparation, visit [http://solutionsforyourlife.ufl.edu/hot_topics/families_and_consumers/hurricane_prep_fc.html](http://solutionsforyourlife.ufl.edu/hot_topics/families_and_consumers/hurricane_prep_fc.html)

For more on preparing a family disaster kit, visit FloridaDisaster.org at [http://www.floridadisaster.org](http://www.floridadisaster.org)

For more on breastfeeding during emergencies, visit [http://www.llli.org/NB/NBdisaster.html](http://www.llli.org/NB/NBdisaster.html) or call the LLL Breastfeeding Hotline at 1-877-4-LALCHE (1-877-452-5324)

For more on preparing to handle disasters and family readiness, visit the American Academy of Pediatrics Family Readiness Kit at [http://www.aap.org/family/frk/frkit.htm](http://www.aap.org/family/frk/frkit.htm)
EVACUATION CHECKLIST

No one ever wants to evacuate, but sometimes it is the best thing to do. If you are ordered to evacuate, do so immediately. If you are being ordered to evacuate, it is because authorities have decided that your life is in danger.

Here Are Some Things to Keep In Mind as You Evacuate

- Leave a note saying where you are going
- Lock your home
- Take your hurricane evacuation kit

Before You Leave

- Know your evacuation route and follow directions
- Make arrangements for pets
- Let an out-of-town relative or friend know your plans
- Turn off your electricity and water
- Bring in or secure outdoor items that may blow around in strong winds (garbage cans, barbecue grills, children's toys, lawn furniture)
- Turn your refrigerator and freezer to the coldest settings
- Fill bathtubs, washing machines, and other containers with water
- Prepare your evacuation kit
- Fill your car with gas

Evacuation Kit

- Battery-operated radio
- At least a 2-week supply of medication
- Extra clothing, including sturdy shoes
- First aid kit
- Blankets and pillows
- Books and toys
- Important papers

For More Information:
Hurricane Preparation: Evacuating Your Home, by Elizabeth B. Bolton: http://edis.ifas.ufl.edu/FY747
Preparing to Evacuate Your Home in Case of an Emergency, by Elizabeth B. Bolton: http://edis.ifas.ufl.edu/FY616
Disaster Planning: Important Papers and Documents, by Josephine Turner: http://edis.ifas.ufl.edu/FY619

Remember:
Evacuate quickly when ordered. Let your family and friends know your plans. Don’t forget your emergency supplies. Keep yourself and emergency workers safe by following their orders.
• Car and wall charger for cellular communications devices
• Portable air compressor that inflates tires (12V car lighter plug-in)
• Supply of water, non-perishable food, and snacks
• Flashlight
• Don't forget special items needed for your infant, elderly and people with disabilities
• Take supplies for pets:
  o Water
  o Food (w/manual can opener if it is moist food)
  o Bowls
  o Collars with tags
  o Leash
  o Cat litter pan/scooper
  o Vet information

**On the Road**

• Listen to local radio stations or NOAA weather radio for updates to watches and warnings
• Stay away from floodwaters which can occur ahead of the storm
• Be prepared for traffic and detours and wear your seatbelt.

**For More Information:**

*Hurricane Preparation: Evacuating Your Home, by Elizabeth B. Bolton:*
  [http://edis.ifas.ufl.edu/FY747](http://edis.ifas.ufl.edu/FY747)

*Preparing to Evacuate Your Home in Case of an Emergency, by Elizabeth B. Bolton:*
  [http://edis.ifas.ufl.edu/FY616](http://edis.ifas.ufl.edu/FY616)

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  [http://edis.ifas.ufl.edu/FY619](http://edis.ifas.ufl.edu/FY619)

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AFTER DISASTER

As you begin to recover from a disaster that strikes your home, you will be wondering what to do first, how to clean up, and where to start. We want to help you get back on track.

The Three Most Important Things to Know

- Protect yourself and family first
- Protect your home and belongings from further damage
- Address financial issues without delay

How to Protect Yourself and Your Family

Most storm-related injuries and illness occur after the emergency is over. Wait until local emergency officials give clearance to start clean-up. Then be careful of the many hazards.

- Avoid downed power lines
- Use caution when entering damaged buildings
- Ask for help when moving heavy items
- Wear sturdy shoes, long-sleeved clothes, and pants
- Wash hands well with soap and water, and do this often
- Do not use contaminated water to brush teeth, prepare food, make ice, or wash dishes
- Discard all food, wooden cutting boards and utensils, plastic utensils, baby bottle nipples, and pacifiers that were exposed to floodwaters
- Refrigerated food should be safe if the power has been out for no more than 4 hours. Discard any perishable food that has been above 41° F for more than 2 hours.

How to Protect Your Home from Further Damage and Clean Up

Securing and cleaning your home must begin as soon as possible. Mold caused by water in your home can cause health problems for years to come.

**Take these steps to begin cleaning up damage in your home:**

- Clean walls, floors, and surfaces with soap and water. Disinfect with a solution of one (1) cup of bleach to five (5) gallons water.
- Do not use portable generators inside the house. Never hook a generator directly to household wiring. Connect appliances one at a time to the generator.
- Dry out your home. Open doors, windows, cabinets, and closet doors. Run dehumidifiers and fans. Throw away any soaked floor coverings.
- Patch holes by covering them with tarps and nailing these down with wood strips or taping them down with duct tape.
- Remove debris.

**How to Address Financial Issues**

- Collect important documents
- Photograph your home and make lists of damage before cleanup
- Notify your insurance company of your loss
- Notify your employer as soon as possible

**Ask for Help**

These agencies and organizations provide help to people affected by disaster.

- **FEMA:** If you live in a county declared a major disaster area by the president, you may qualify for additional assistance and tax relief. Contact the Federal Emergency Management Agency (FEMA) at 1-800-621-FEMA (3362) or 1-800-462-7585 (TTY), or go to [http://www.fema.gov](http://www.fema.gov).
- State and county emergency preparedness offices: Look in the blue pages (government section) of the telephone book.
- **Red Cross:** Visit [http://www.redcross.org](http://www.redcross.org) or call 1(800) 733-2767.
EMERGENCY HOME POWER GENERATORS

You have purchased a portable home generator and brought it home. You have saved the day, because now your power is out. These devices can help you use home appliances to make a blackout safer and more comfortable. However, for your safety and the safety of your family, friends, and neighbors, you need to take care when using home generators.

The Important Things to Know

- Ventilation is needed
- Safely hook up your generator
- Fueling and refueling safety precautions are a must

Ventilation

- Never use a home generator inside your home or attached garage.
- Use carbon monoxide alarms to alert you to dangerous levels of carbon monoxide in your home
- Do not place a home generator anywhere where animals or people gather
- Opening doors and windows does NOT provide adequate ventilation

Safely Hook Up Your Generator

- Never hook the generator directly to your home power supply.
- Connect the appliances/equipment you want to power directly to the generator. If this is not possible, use heavy-duty outdoor-rated extension cords.
- Do not overload your generator. Keep in mind that portable generators will not power every appliance in your home. Only use the generator for essential items (refrigerator, a light, air conditioning).
- Follow all directions that came with your generator.

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- Follow all directions that came with your generator.

**Take Care with Fuel and Refueling Your Generator**

- Do not store fuel for your generator inside your home.
- Store fuel in approved containers.
- Turn off all equipment powered by the generator before shutting it down.
- Allow the generator to cool down before refueling.

Remember, safety should be your first concern when using a portable home generator. Always follow the directions that came with your generator to ensure that you are using it safely. Use proper ventilation. Don't forget that the fuel is a fire hazard, and use care with the storage of fuel and refueling of your generator.

**For More Information**

Visit Solutionsforyourlife.com: [http://solutionsforyourlife.com](http://solutionsforyourlife.com)

Contact your electrician or the manufacturer of your home generator

Contact the Electrical Safety Foundation International: at [http://www.electrical-safety.org](http://www.electrical-safety.org), or 703-841-3229
Disasters hit everyone hard, but especially older adults. Services you usually rely on may be off-schedule. You need to find a reliable contractor. You did not reach your age without being a survivor and you can do it again.

The Three Most Important Things to Know

- Emotional and physical reactions to disaster are normal
- Don't be too proud to ask for and accept help
- Be aware that con artists and fraudulent contractors may target seniors

Your Feelings Are Normal

If the disaster has just been "one more thing" added to an already rough time or if it has made getting things done harder than usual, you may feel life is out of control. Here are some ideas to help relieve the stress:

- Stick with your schedule and do one thing at a time
- Take medications on time.
- Keep in touch with friends and family
- Get to know your neighbors

Ask for Help

You have been living an independent life, and you do not intend to change that now, disaster or no disaster.

- You endanger yourself as well as others when you push yourself too hard. Accepting assistance will not keep others who "need more help" from receiving assistance. You do not need to apologize for asking for help.
- Let others know of medical needs you have, and what you need to stay healthy and in communication. This includes sharing what medications you take, hearing difficulties, dietary needs, and what things you "need a little help" doing on a daily basis.
- Asking for help understanding instructions, paperwork, or anything else does not mean you are senile or unable to care for yourself. In the aftermath of disaster, anyone can have trouble with these
activities.

- When you call for assistance, have pencil and paper handy to write down instructions, and state your needs clearly.
- Call the Elder Helpline at 1-800-96-ELDER (1-800-963-5337) for information regarding elder services and activities. Contact FEMA (first step for disaster assistance) at 1-800-621-3362

**Be Aware of Fraud**

- Sadly, con artists often target seniors. Stay calm and be skeptical of any claims. Only hire contractors licensed by the state of Florida. You can check this by visiting http://www.myfloridalicense.com or calling 1-850-487-1395.
- Get information from unbiased sources, and do not be pressured into on-the-spot decisions
- Get more than one estimate and get everything in writing
- Be especially careful of people going door-to-door asking for your business
- Do not pay down payments/retainers in cash, and avoid ever prepaying for the entire estimate

**For More Information**

*After the Hurricanes Have Gone: Stress and Decision Making When Living Alone*, by Carolyn Wilken. This is available online at http://edis.ifas.ufl.edu/FY774, or you can get a copy from your local Extension office.

Solutions for Your Life: www.solutionsforyourlife.com

Florida Division of Emergency Management: 1-850-413-9969

Florida Elder Services: http://www.floridaelderresource.com, or call 1-800-963-5337 to be automatically connected to the Elder Helpline for resources in your area.

Remember, you are not alone, and people want to help you. There are plenty of resources to help you emotionally, physically, and financially recover from this disaster.
Food Preparation and Safety after a Hurricane

Your electricity is out. You have thawed food that cannot be refrozen. Your family is hungry. These tips will help.

Three Important Things to Know

- Food safety is more important than ever.
- Be fire safe.
- Use safe water for cooking.

Food Safety

Food kept in a closed, full freezer will be safe for around 48 hours. A closed refrigerator should keep food safe for about 4 hours. If the temperature rises above 40° F in your refrigerator or freezer, discard all perishable food.

- Throw away all food that has been exposed to floodwaters. This includes food in cans, plastic, glass, and cardboard containers.
- Discard all paper, wood, or plastic items that contain food or are used in food preparation that have had contact with floodwaters.
- Clean and sanitize all food preparation surfaces and the inside of your refrigerator and freezer before use.
- Wash and sanitize all utensils before use:
  - Completely immerse them in clean water and bring it to a rolling boil for 1 minute; allow to cool, remove, and air dry prior to use; or
  - Completely immerse them in clean water (room temperature) containing one (1) teaspoons of unscented chlorine bleach per quart or four (4) teaspoons unscented chlorine bleach per gallon for 15 minutes; remove and air dry prior to use.
- Wash your hands with clean water and soap before handling foods and after handling contaminated surfaces
- Use paper/plastic items for serving foods until running water is available.

Fire Safety

- Never use a charcoal or gas grill inside the house, in a carport, or in a garage.
- Do not start a fire in the fireplace unless you know the chimney is not broken.
- Do not use gasoline to help start a fire.
- If you smell gas, or hear a hissing sound, open a window and leave immediately. Do not smoke; use your gas stove, candles, or lanterns until you are sure there are no gas leaks.
- Keep kids and pets away from grills, candles and other fire sources.

Drinking Water Safety

- Use only disinfected or bottled water for food preparation, to brush teeth, and to give to pets.
- Do not drink or cook with pool water.
- Disinfect water correctly.
- If you are under a “boil water notice,” follow directions from local officials on how to disinfect the water.
- In general: heat water at a rolling boil for 1 to 3 minutes. A rolling boil means that all of the water is moving and large bubbles continually rise and break the surface of the water.
- If you cannot boil water, add 1/8 tsp (about 8 drops) to ¼ tsp (if water is cloudy) of unscented, liquid household bleach to one gallon of water; stir well, and let stand for thirty minutes. Listen to local announcements and authorities to learn the recommendation for your area.

For More Information

Safe Handling of Food and Water in a Hurricane or Related Disaster: [http://edis.ifas.ufl.edu/FS131](http://edis.ifas.ufl.edu/FS131)

Hurricane Preparation: A Q&A Guide to Water and Food Safety and Quality, by Amy Simonne and Ronald Schmidt: [http://edis.ifas.ufl.edu/FY744](http://edis.ifas.ufl.edu/FY744)
Fire Safety

- Never use a charcoal or gas grill inside the house, in a carport, or in a garage.
- Do not start a fire in the fireplace unless you know the chimney is not broken.
- Do not use gasoline to help start a fire.
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For More Information

Safe Handling of Food and Water in a Hurricane or Related Disaster: http://edis.ifas.ufl.edu/FS131

FILING AN INSURANCE CLAIM

After a disaster, you want to get everything back to normal as soon as possible. One of the most important parts of that process is filing an insurance claim to help with your expenses. These tips will help you get through that process.

The Three Things You Need To Know

- How to file a claim
- What you need to do
- How the process works

How to File a Claim

- Call your agent immediately. Your agent will need to know:
  - Your name
  - Address
  - Policy number
  - Where you can be reached.
- Document your losses. Make a detailed list of your lost and damaged property.
- Photograph and/or videotape damage
- Do not throw away damaged property without approval from your insurance company

What You Need to Do

- Check for structural damage and safety hazards before entering an area
- Keep receipts for any temporary repairs, housing, and cleaning relating to your claim
- Protect property from further damage and theft
- Keep copies of lists and documents you submit to the insurance company and any paperwork the insurance company gives you.

How the Process Works

- You notify the insurance company, document your loss, and get...
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- Keep receipts for any temporary repairs, housing, and cleaning relating to your claim
- Protect property from further damage and theft
- Keep copies of lists and documents you submit to the insurance company and any paperwork the insurance company gives you.

How the Process Works

- You notify the insurance company, document your loss, and get bids on repairs
- An insurance company adjustor will come to see the damage and your documentation. Do not get permanent repairs before the adjustor has approved the price of repairs. Be sure you or someone you trust is there when the adjustor comes to assess damage.
- You may need to sign a "proof of loss form"
- You and the adjustor agree on the amount of settlement. You don't need to hurry. If you can't agree, you can arrange mediation through the Insurance Consumer Help Line: 1-800-342-2762
- You repair your home and replace belongings. Some insurance companies may handle the contract for repairs.
- Your insurance company generally will pay in two checks: one before repair work starts, and the balance once the repairs are done and have been inspected.

For More Information

*Six Steps in Making an Insurance Claim*, by Regina Fegan and Michael T. Olexa. This is available online at [http://edis.ifas.ufl.edu/DH199](http://edis.ifas.ufl.edu/DH199), or you can get a copy from your local Extension office.

During and after tropical storms and hurricanes, a special consumer helpline for assistance on any insurance matter is opened. That number is 1-800-22-STORM (1-800-227-8676).


*Settling Insurance Claims after Disaster* from the Insurance Information Institute: [http://www.iii.org/media/publications/brochures/settlingclaim/](http://www.iii.org/media/publications/brochures/settlingclaim/)

The road to repairing and rebuilding after a disaster can be difficult. Knowing how to file a claim, what to expect along the way to settlement and what is covered will help you rebuild successfully!
WASTE MANAGEMENT AFTER HURRICANE OR FLOOD

So much cleaning up to do, so many things to throw away…and it feels like too much. Many people have expressed concerns about how to manage debris after disaster. Here are some tips.

The Three Most Important Things to Know

- Dispose of food waste as soon as possible. Place it in tightly sealed cans so that it will not spread disease or attract animals.
- Separate yard waste from household waste
- Seek assistance in properly disposing of chemicals and housing materials that may contain asbestos, lead, and insulation.

Waste Disposal

- Your garbage disposal most likely will not be usable immediately after disaster.
- Never put food waste in bags outside. Instead, use tightly sealed cans.
- Debris collection schedules likely will be "off" after a disaster. Place your debris curbside as soon as possible, but realize collection may take several weeks.
- Cut all tree limbs into sections of four feet or less.
- Place debris curbside. Avoid placing debris near mailboxes, parked cars, and power lines.
- Separate waste: household garbage, yard waste, glass items and miscellaneous.
- Use proper precautions when disposing of household chemicals and building materials that may contain lead, asbestos, or other hazardous materials.
- Individual bags and cans of waste should not weigh more than 50 pounds.

Local media sources and your department of waste management will give you specific instructions and collection information.
Clean up is one of the biggest and most important jobs to tackle after disaster. Assist your local waste management authorities by:

- Disposing of food waste promptly in tightly sealed containers
- Separating yard waste, household waste and hazardous waste
- Placing your debris for easy pick-up

For More Information

Safe Management of Asbestos: [http://www.epa.gov/asbestos/](http://www.epa.gov/asbestos/)

Safe Management of Lead-based Paint: [http://www.epa.gov/oppt/lead/](http://www.epa.gov/oppt/lead/)

TALKING WITH YOUR CHILD AFTER DISASTER

A disaster can make a child afraid. A child can mix up real fear and make-believe fear. This is okay. You can help.

How Can a Parent Help?

- Don't leave the child alone in a new place.
- Stay together to show you won't go away.
- Tell the child about the disaster.
- Tell the child you were afraid, but try not to dwell on this.
- Keep regular schedules for meals, playtime, and bedtime as much as possible.
- Limit your child's access to media reports about the disaster.

Talk With the Child

- Help the child talk.
- Listen to the child.
- Say it's okay to be afraid.
- Hold and hug the child.
- Talk about the disaster using words your child understands.
- Let the child help clean up.
- Put order in your day as best you can.
- Tell the child about your plans each day.
- Stay close together.

Bedtime May Be Difficult

- A child may not want to sleep away from you.
- A child may be afraid of the dark.
- A child may have bad dreams.
- A child may wet the bed.
- Praise the child for good behavior.
- Don't yell at the child.
Don't spank the child.
Agree on a time for the child to go to bed.
Leave the door open a little.
Read to the child.
Tell a story about a good time today.

If you stay worried about the child, seek help. Schools can help you find professional help. Remember, this is a hard time for you, too.

From: "Helping Children after a Disaster," The Disaster Handbook, Section 4.6, University of Florida/IFAS: http://disaster.ifas.ufl.edu/

For More Information
Parenting After a Natural Disaster, by Donna Davis and Suzanna Smith: http://edis.ifas.ufl.edu/FM001

Managing the Stress of War and Terrorism: Guidelines for Families, by Suzanna D. Smith: http://edis.ifas.ufl.edu/FY622

Helping Children Cope with Disaster:
http://www.fema.gov/rebuild/recover/cope_child.shtm

National Mental Health Information Center:
http://mentalhealth.samhsa.gov/, 1-800-789-2647
IMPORTANT CONTACTS AND NUMBERS

Nationwide

American Red Cross: http://www.redcross.org, 1-800-733-2767

American Red Cross Safe and Well Registry: https://disastersafe.redcross.org/

Ready.gov: http://www.ready.gov

Florida
Florida Division of Emergency Management: http://www.floridadisaster.org, 1-850-413-9969

Florida Dept. of Law Enforcement: http://www.fdle.state.fl.us/, 1-850-410-7233

Florida Department of Financial Services (insurance questions and complaints): http://www.fldfs.com, 1-800-22-STORM (1-800-227-8676)

Florida Cooperative Extension publications and information on all aspects of disaster preparation and recovery for businesses, homes, and families: http://solutionsforyourlife.ufl.edu/community_development/disaster_preparedness.html

Solutions For Your Life http://solutionsforyourlife.com/