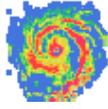


Family Plan



A hurricane can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services like water, gas, electricity or telephones were cut off?

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Families can cope with disaster by preparing in advance and working together as a team.

Report your status by telephone to your chain of command. It is important for them to have an accurate picture of the situation as soon as possible after the event. If you are at home and you know you must report to your duty station, do so immediately. The road and telephone systems will quickly become clogged. Otherwise, do not report to duty unless specifically told to do so.

Follow the steps listed here to create your family's hurricane plan. Knowing what to do is your best protection and your responsibility. The information on this page is similar to the Emergency Preparedness Page but this plan is specifically made for families.

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Steps to Safety

- Contact your local Red Cross chapter.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care before, during and after a hurricane. Animals are NOT allowed inside emergency shelters because of health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Find out about the hurricane plans at your workplace, your children's school or day care center, and other places where your family spends time.

Create a Hurricane Plan



Meet with your family and discuss why you need to prepare for the hurricane. Explain the dangers of fire and severe weather to children. Plan to share responsibilities and work together as a team.

Discuss the challenges the family may face.

Family Disaster Plan Pick two places to meet: Right outside your home in case of a sudden emergency, like a fire OR outside your neighborhood in case you cannot return home. Everyone must know the address and phone number.

- Ask an out-of-state friend to be your "family contact." After a hurricane, it is often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Completing the Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Check if you have adequate insurance coverage.
- Get training from the fire department for each family member on how to use the fire extinguisher (ABC type), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.

- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home.
- Find two ways out of each room.
- Find the safe places in your home for each type of disaster.

Practice and Maintain Your Plan



Quiz your kids every six months or so. Conduct fire and emergency evacuation. Replace stored water and food every six months. Test and recharge your fire extinguisher/s according to manufacturer's instructions. Test your smoke detectors monthly and charge the batteries at least once a year.

Neighbors Helping Neighbors

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a hurricane until help arrives. If you are a member of a neighborhood organization, such as a home association, introduce hurricane preparedness as a new activity. Know your neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents cannot get home.

Home Hazard Hunt

During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break, or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall. Inspect your home at least once a year and fix potential hazards. Contact your local fire department to learn about home fire hazards.

Evacuation

Evacuate immediately if told to do so. Listen to your battery-powered radio and follow the instructions of local emergency officials.

- Wear protective clothing and sturdy shoes.
- Take your Hurricane Kit.
- Lock your home. Use travel routes specified by local authorities--don't use shortcuts because certain areas may be impassable or dangerous.
- Shut off water, gas, and electricity before leaving, if instructed to do so.
- Make arrangements for your pets.
- Keep enough supplies in your home to meet your needs for at least three days.
- Assemble a Hurricane Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as back-packs, duffle bags, or covered trash containers.
- A three-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medications.
- Emergency tools including a battery-powered radio, flashlight, and plenty of extra batteries.
- An extra set of car keys and a credit card, cash or traveler's checks.
- Sanitation supplies.
- Special items for infant, elderly, or disabled family members.
- An extra pair of glasses.
- Keep important family documents in a waterproof container.
- Keep a smaller kit in the trunk of your car.

Getting to Know Utilities

Locate the main electric fuse box, water service main, and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves. Remember - turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.

If a Hurricane Strikes

- Remain calm and patient. Put your plan into action. Check for injuries.
- Give first aid and get help for seriously injured people. Listen to your battery-powered radio for news and instructions.

- ❑ Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.
- ❑ Use flashlights. Do not light matches or turn on electrical switches, if you suspect damage.
- ❑ Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- ❑ Shut off any other damaged utilities. (You will need a professional to turn gas back on.
- ❑ Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately
- ❑ Confine or secure your pets.
- ❑ Call your family contact--do not use the telephone again unless it is a life-threatening emergency.
- ❑ Check on your neighbors, especially elderly or disabled persons.
- ❑ Make sure you have an adequate water supply in case service is cut off.
- ❑ Stay away from downed power lines.

Evacuation

Although it may seem safe to stay at home and wait out a hurricane, doing so could be very dangerous. Hurricanes can spawn tornadoes that could threaten your home. Lightning is equally dangerous. Damage from flying debris could result in injury.

Depending on the strength of the hurricane, your community may be directed to evacuate. Installations could be required to evacuate prior to receive an evacuation order from local communities. Stay tuned to your radio and television for important evacuation information. Know the evacuation route you want to take. The designated evacuation safe haven for NAS Kingsville and all other South Texas installation is Lackland Air Force Base in San Antonio. The prescribed route to Lackland is shown in the photo. This route is for NAS Kingsville personnel and is designed to avoid congestion on the roadways since other installations will also be traveling to Lackland. Keep in mind, evacuating to this site is designated to move you and your family out of the path of the storm. The Lackland Services Center is designed to provide temporary quarters for you and your family during the course of a storm. Services provided are limited.

What to Bring:

Ensure your family members know your evacuation location and provide a contact number for your family and your chain of command.

Follow directions provided on TV or radio or via military web sites for mustering you and your family. When notified, report back to your installation as quickly and as safely as possible. Due to the number of personnel that will be evacuated, only one bag of luggage per person will be allowed. Pets must be kept in dog kennels.

Barracks:

Personnel will be housed in open bay barracks. Family members will be housed together, but you should know that showers and rest room facilities are also open bay (shared). Be sure to bring with you individual toiletries, swim suits, towels, and shower shoes or flip flops.

Food and Water

If a hurricane strikes your community, you might not have access to food, water and electricity for days, or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.

This guideline was developed by the [Federal Emergency Management Agency](#) in cooperation with the American Red Cross and the U.S. Department of Agriculture.

[Preparing a Supply of Clean Water](#)

[How to Store Water](#)

[Emergency Outdoor Water Sources](#)

[Three Ways to Purify Water](#)

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[Importance of Having Emergency Supplies](#)

Preparing a Supply of Clean Water

Having an ample supply of clean water is a top priority in an emergency. A normal active person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need even more. You will also need water for food preparation and hygiene.

Store a total of at least one gallon per person, per day. You should store at least a two-week supply of water for each member of your family. If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label them and store in a cool, dark place. Change the water every six months.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use the following sources. NOTE: Be sure to purify the water according to the instructions listed below before drinking it.

- Rainwater
- Streams, rivers and other moving bodies of water
- Ponds and lakes
- Natural springs
- Avoid water with floating material, an odor or dark color. Use saltwater only if you distill it first. You should not drink floodwater.

Three Ways to Purify Water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should purify all water of uncertain purity before using it for drinking, food preparation or hygiene. There are many ways to purify water. None is perfect. Often the best solution is a combination of methods. Two easy purification methods are outlined below. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.

Boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

Disinfection. You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. *Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners.* Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. The only agent used to purify water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

While the two first methods described above will kill most microbes in water, distillation will remove microbes that resist these methods, and heavy metals, salts and most other chemicals.

Hidden Water Sources in Your Home

If a disaster catches you without a stored supply of clean water, you can use the water in your hot-water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl!). Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines.

To use the water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house. To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty.

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Food Storage Tips

- ❑ Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should prepare a supply that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.
- ❑ Keep food in a dry, cool spot, a dark area if possible.
- ❑ Keep food covered at all times.
- ❑ Open food boxes or cans carefully so that you can close them tightly after each use.
- ❑ Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- ❑ Empty opened packages of sugar, dried fruits and nuts into screwtop jars or air-tight cans to protect them from pests.
- ❑ Inspect all food for signs of spoilage before use.
- ❑ Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker.
- ❑ Place new items at the back of the storage area and older ones in front.

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Nutrition Tips in Emergencies

- ❑ During and right after a disaster, it will be vital that you maintain your strength. So remember:
- ❑ Eat at least one well-balanced meal each day.
- ❑ Drink enough liquid to enable your body to function properly (two quarts a day).
- ❑ Take in enough calories to enable you to do any necessary work.
- ❑ Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

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When Food Supplies Are Low

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women. If your water supply is limited, try to avoid foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content. You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water or special preparation.

Following are recommended short-term food storage plans. As you stock food, take into account your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best. Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people.



Nursing mothers may need liquid formula, in case they are unable to

nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people. Make sure you have a manual can opener and disposable utensils. And don't forget non-perishable foods for your pets.

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Shelf-life of Foods for Storage

Here are some general guidelines for rotating common emergency foods.

Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamins

The following items may be stored indefinitely (in proper containers and conditions):

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea and cocoa
- Salt
- Non-carbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (in nitrogen-packed cans).

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If the Electricity Goes Off

FIRST, use perishable food and foods from the refrigerator. THEN, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least three days.

FINALLY, begin to use non-perishable foods and staples.

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How to Cook If the Power Goes Out

For emergency cooking you can use a fireplace, or a charcoal grill or camp stove can be used outdoors. You can also heat food with candle warmers, chafing dishes and fondue pots. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first.

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Importance of Having Emergency Supplies

It's 2:00 a.m. and a hurricane forces you to evacuate your home, fast. There is no time to gather food from the kitchen, fill bottles with water, grab a first aid kit from the closet and snatch a flashlight and a portable radio from the bedroom. You need to have these items packed and ready in one place before disaster strikes. Pack at least a three-day supply of food and water, and store it in a handy place. Choose foods that are easy to carry, nutritious and ready-to-eat. In addition, pack these emergency items:

- Medical, hygiene supplies and first aid manual
- Money and matches in a waterproof container



- Portable radio, flashlights and extra batteries
- Fire extinguisher
- Blanket and extra clothing
- Shovel and other useful tools
- Infant and small children's needs (if appropriate)
- Household liquid bleach to purify drinking water
- Manual can openers.

Kits For Kids

You may have to leave your house during a disaster and may sleep somewhere else for a while. It is smart to put together your own Kid's Activity Survival Kit so you will have things to do and share with other kids. These can all be stored in a backpack or duffel bag. Just make sure you can carry it easily.

Some suggested items for the **Kids Activity Survival Kit**:

- A factual book about (earthquakes, hurricanes and tornadoes, rain, storms, floods and fires)
- A children's (earthquake book, book about storms, a few favorite general books which encourage comfort).
- A few of your favorite books
- Non-toxic marking pens, crayons, pencils, and plenty of paper
- Scissors and glue
- Manipulative toys such as LEGOS
- 2 favorite small toys, at least 1 doll and 1 action figure
- 1 or 2 board games, table puzzles
- Favorite stuffed animal or puppet
- Small play vehicles such as an ambulance, fire truck, helicopter, dump truck, police car, tractor with blade
- Small people figures to use with the trucks and emergency vehicles
- Favorite blanket and/or pillow
- Picture of the family, including pets, write names on the back
- "Keep safe" box with a few treasures of little things your child feels are special.

NAS Kingsville Web Site Staff

Thank you for visiting our Web site. We hope that the site served your information needs.

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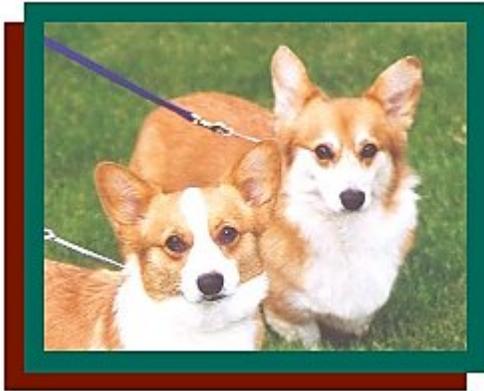
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Kits for Pets

When it comes to hurricanes, animals, whether they are house pets, livestock, or in the wild, have often been overlooked by emergency planners and the general public. Be sure to include your pets in your destructive weather plans. Don't leave your home and leave your pets behind -- take them to a kennel or take them with you to your evacuation site or shelter.



I.D.'s and Licenses

Make sure your service animals and pets have I.D. tags with both your home telephone number and that of your primary out-of-town contact person. Make sure your animal's license is current.

Animal Care

Plan how your pets will be cared for if you have to evacuate. Pets, in contrast to service animals, are usually **NOT** allowed in emergency shelters due to health regulations, so have some animal shelters identified! Contact your local Veterinary Office (if available) or the local Red Cross chapter for guidance. Establish relationships with other animal owners in your neighborhood. In case you are not home, there will be someone to help your animal.

Alternate Mobility Cues

Pets and service animals may become confused, panicked, frightened or disoriented in and after a disaster: keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.

Service Animals Evacuation Kit (for up to 7 days)

Pack supplies in a pack that your animal can carry in case you need to evacuate. This kit should include: Bowl for water and food, food, blanket for bedding, plastic bags and paper towels for disposing of feces, a favorite toy, extra harness.

The NAS Kingsville Public Affairs Office is currently gathering the best advice and resources available to help you prepare and respond to the emergency needs of your animals, whether you are responsible for caring for 1 pet or 10. And we will provide tips on how you can support organizations that care for animals in the wild or those which have been separated from their owners due to emergencies; we will also offer tips on how you can make a difference in such situations when you are on your own.

If you are aware of useful information about animals and emergencies be sure to share it with us by clicking the email link below. If you know of an animal-related World Wide Web site with emergency preparedness/response information, please let us know.