

Good morning, everybody.

I'm so happy to have you all here with me today.

My name is Megan Corono.

I'm really excited to be presenting preparing your family
before an emergency today.

This is a little bit more general, right?

I know we're here for foster and adoptive, so there is some
of that more specific information in here, but there's just
good information that anybody should have.

So I'm very happy to share that with you today.

Just a little bit of background.

I'm from Foster Adoptive Family Services.

We are based out of New Jersey and up there, we do training.

We do support.

We do advocacy for our resource parents.

So we're happy to be down here with you guys in Florida sharing

some of our training.

We have this one.

So this is actually wasn't one of a four part series.

So this is the first part.

If you're interested in those other parts, we do have those

booklets for sale at our table.

We'll be here the rest of the day.

And I have a little bit of an interesting take on this topic

because I have a master's degree in criminal Justice, and

my focus was in Homeland Security.

So as soon as I started working for Foster Adaptive Sailing

Services, it was kind of right after Hurricane Sandy hit

us up there, which was if you heard about it, it was pretty

bad. So I was able to kind of bring my knowledge from what

I had studied and apply it directly to the work that I now

do. So I'm very excited to talk with you about this today.

A couple of things that we'll cover, we'll talk about an

emergency family plan.

So developing your plan, how to practice it, things that

you should include in your plan, talk about emergency kits.

We'll also briefly touch on considerations.

If you have a family member with a disability, we can still

plan. It just may require a few extra steps.

So we'll talk about that as well.

Also, we'll cover some different types of disasters, define

them, and talk about specific preparations that we can take

for those.

And we'll wrap up with preparing your children and preparing

yourself. Imagine this scenario.

Flood waters rapidly started arise.

You didn't think it was going to be a big deal.

This storm coming through.

But all of a sudden, this water starts to flow into your

yard, upper steps into your home.

Your first things instinct is to call 9-1-1.

But what happens if nobody answers or what happens if they

tell you?

I'm sorry, we can't get to you for a day or maybe two, maybe

even three.

So in the face of serious disasters, this can happen.

So this is why the Federal Emergency Management Agency FEMA,

as we know, it, recommends that every family, every home,

every school, every business, have supplies on hand to last

you at least three days in the event of an emergency because

sometimes they happen.

Right.

And we want to be prepared for them.

So why does your family need a plan?

A couple of different reasons.

First of all, it can help reduce fear and anxiety.

We all have enough fear and anxiety enough.

Right.

So helping getting this plan set up ahead of time just helps

you have a little bit of peace of mind that if something

is to happen that your family will know what to do, we'll

know how to Act, how to respond.

Having a plan also helps reduce potential losses, because

Let's be real here.

Especially some natural disasters can really cause some serious

damage. But if we have a little forethought and plan ahead,

then we can hopefully prevent at least some of these planning

can also hopefully help us completely avoid danger.

That's good, right?

We'd like to avoid danger if possible, and then also disasters

occur suddenly.

So some of them, like Hurricanes.

You may have a little bit more notice, but sometimes they

happen just in a split second.

So we don't have a plan already.

Too late to start making one.

So that's why we want to be Proactive about this and not

reactive. So how do we go about starting our plan?

First of all, you may need to do a little bit of research.

You're going to want to find out the hazards that may occur

or where you happen to live, because we want our plan to

be able to address what's likely to happen.

Right.

We want to make sure we're covering scenarios that we may

actually encounter.

And if you're not quite sure, you can always ask questions.

So we all have Office of Emergency Management, whether it's

local, state, federal, so you can reach out to those local

officials and just ask them what types of hazards happen.

And you can also start asking about your community.

Does my community have a plan?

What's in that plan?

Can I get a copy?

Is it updated things like that?

Get informed and find out what happens in your area when something happens to go wrong.

You're also going to want to choose a meeting place for your family, because sometimes we have to get out right there's disaster here so we can't stay.

We need to go and you don't want to be rushing around the last second.

Where do we go?

Where do we go?

We want to have that planned.

So a couple of things about meeting places you may consider having a couple of different ones.

For example, you can have one meeting place right near your home. Say maybe there's a big Oak tree in the corner of your yard and you also want it to be somewhere visible.

So first responders can find you, maybe not in the back, closer to the front, somewhere where you'll be able to be seen if you need to be rescued, and then you may consider a second one a little further away, but still within your neighborhood, maybe Park the next block over.

And then if you live somewhere that's likely to be evacuated, you might even consider having a third one that's out of town a little bit further away, perhaps on, like a known evacuation route, maybe a shopping mall or another landmark, someplace that everybody is going to be familiar with.

And to get to your meeting place, we need to have an escape plan. So what you see here very simple.

Can we all draw a stick figure?

Can we draw a line, then we can draw an escape plan.

So this is something you can do with your family, just in your packets.

Actually, there's a little grid and some directions on how you can start making this escape plan, and you're going to want to Mark all the exits, all the doors, all the windows, all the ways to get out.

And ideally, you want to have two ways to get out of every single room in the house.

Remember, windows are just as good as doors and emergencies, right? Just because there's only one door, hopefully we have a window some second the way that we can get out of that space. So a couple more things about when we're setting up

our plan.

Another really crucial thing you're going to want to do is

pick an emergency contact, and it's a good idea to have this

person to be someone a little further away, say we have a

parent or sibling who may live in another state, another

County because you're going to want somebody who isn't going

to be affected by the same disaster as you, because if they're

affected by it, too, it's not going to be much used to you.

Right?

So, of course, perhaps we don't have that person.

But if we do try to to make it somebody a little bit further

away. So this way, they can be there for you in the event

that something is going on.

A couple important things about this emergency contact.

First of all, make sure all family members no who they are

and how to contact them a couple of different ways to contact

them. Maybe a home phone if they still have them a cell phone.

If they have social media sites, email address.

And you're also going to want to give this emergency contact

to children's, case workers so they can reach out to them

as well.

Sometimes after disasters, communications go down are a lot

harder. So if you can't connect with one another, if all

the family members and anybody concerned can check in with

this emergency contact, then that contact can also let anybody

else reaching out to them know that.

So and so is okay.

This is where they are.

This is what's going on.

And as we're gathering all this information, we can't just have it up here.

We have to actually write it down.

It should actually be a formal plan, and we should work on it. Update, it from time to time.

This is another thing that you'll have in your packets.

Hopefully we'll have some time at the end to actually start working on them, and all your crucial information goes on here. So all family members, personal information, important documents we can include in there.

You can write down your insurance policy numbers, anything that's important that if you may need to access, you're going to want to write it down and have it all in one place and make sure that every family member can have a copy of it as well.

So we're all on the same page, and you may also be able to

register with your local Office of Emergency Management,

especially if you have a family member with special needs

can reach out to them ahead of time.

Let them know about those needs.

So this way, in the event there's an evacuation or something

like that, they can actually help you make sure that you

are able to get out safely.

So this is kind of on a local basis in New Jersey.

You can register right through the state.

I'm not sure exactly how it works everywhere, but again,

our local Office of Emergency Management are there for us,

so you can reach out to them and see if this is an option

and then contacting loved ones.

As I alluded to briefly earlier, sometimes our cell phones

don't work after an emergency.

A couple of notes, sometimes text messages will go through

even when phone calls aren't working.

And there are a couple tools on the Internet to let people

know that we're safe.

So the Red Cross has one.

Google has one.

Even Facebook has that safety check in.

So if you have access to the Internet after an emergency

and you are okay, you can go on there and enter your information.

So this way, if your friends, your family is looking for

you, they can just go right on there and see that she checked

in. She's okay.

And these are all things that we should be sharing, if possible

with children cares families as well, because it's stressful

enough. The kids are stressed out enough that a disaster

is happening.

Just imagine the Ada trauma of having to worry about is my

mom okay?

It's my dad okay?

Or my brother and sister.

Okay, so if we can try to share this information with them

as well so that everybody knows how to let everybody know

that they're okay afterwards because we want to make sure.

Again, the whole point of this plan is to keep our stress

and anxiety down as much as possible, because then he's going

to bring that up enough on its own and really important part

to actually practice your plan.

It's not enough to just have it in writing.

I was having a conversation with a lovely Lady from Maryland

just yesterday and she actually works.

Some of her work is in disaster preparedness, so she knows

this information like the back of her hand.

And yet fire alarm and her home was gone off in the middle

of the night, woke up in a panic, and everything that she

knew logically completely went out the door.

So Luckily the alarm is going off as a fluke and everything

ended up to be okay.

However, it made her and her family realized that they could

have done some things a little bit better that their plan

could use.

Tweaking.

So this is why it's really important to practice a plan in

a no stress situation, because if we only practice it in the face of that emergency, we may have planned for some things that we thought will work, but don't actually work.

And also again, once we're Super stressed, that rational part of our brain tends to shut down and we're in survival mode. So things that we know logically may completely go out the window.

So this is why it's good to practice in no stress situations when we know that everything's okay.

So we can kind of start to build up that muscle memory, right?

So when things are actually hitting the fan, you already remember what to do because you already practice it.

I know some people suggest every time you change your smoke alarm battery six months, every year or so practice every

time you can set it into a family routine.

And with our kids, we just want to keep it age appropriate.

We want to inform them, but we don't want to overload them

with information and make it scary.

But we do want them to know a little bit so that they have

a sense of control in the event that something is happening,

something is going on.

So one more way to stay connected.

I definitely wanted to share with you guys.

Fema has a mobile app on any smartphone.

You can go ahead and download it and all kinds of resources

on here.

They'll alert you.

If bad weather is coming your way, you can keep record of

your family emergency plan.

Your kit supplies help remind you if you need to replenish
or restock anything can locate open shelters if that's what
you need to do.

And you can also upload and share disaster photos with.

Hopefully you won't need to do.

But if you need to take them, then this is a very easy, accessible
way to do that.

So like I mentioned earlier, Sandy, I was pretty bad for

us up in New Jersey, and it ended up being a pretty good

learning experience for our state Department of Children

and Families on how to help families during and also in the

recovery of disasters and fast was able to be there for some

resource families and give them some support, help them replace

some supplies, things like that.

And then I actually was able to conduct some interviews with

some of these parents that were affected pretty badly by

the Hurricane and just ask them Hey, what do you now?

What would you do next time?

What's your recommendation for somebody else?

This was one of her stories.

So Rosanne suggested to keep valuables and irreplaceable

items in a safety deposit box.

So Luckily, her family, they heeded the advice.

They did evacuate, but they didn't bring all of their important

stuff with us.

So just the year before Sandy, there was another pretty bad

Hurricane, but most people fared fine, but it was the same

kind of hype as Sandy.

So people who had survived Irene were kind of like been there,

done that.

It's gonna be fine.

However, every single storm is different.

And just because one was okay doesn't mean the next one is

gonna be okay.

So we kind of can't let that ego build up too much.

Just if we've made it through one because you never know

what the next one may bring.

So, However, had she known just how severe the storm would

have been, they would have taken more items when they evacuated.

So while the flood waters were still surrounding their home,

her poor husband jewels got in the kayak to go home to get

the rest of their belongings.

So now they keep all their important documents in a safety

deposit box at the Bank.

So this way, it gives them a little bit of peace of mind.

So just something you may want to consider.

No, this is not recommended.

This.

This is why we put our stuff in the box ahead of time, right?

No, this is definitely not recommended.

Floodwaters are really funky, so we want to avoid them at

all costs.

Yeah.

No, we don't want to be jewel.

He did what he had to do, but we want to avoid that if possible.

Okay.

Just a few more things about your emergency plan.

Really important to learn.

Kids, schools, emergency plans or daycare.

Wherever our children are spending a lot of their time, we

want to find out what their plans are.

Some questions to ask.

I want to read these, so I don't forget any of them.

How will the school communicate with you during a crisis?

Does the school start adequate food, water, other basic supplies?

Is the school prepared to shelter and place if need be?

Where do they plan to go if they must get away?

Really important questions, right?

Schools are scary.

They shouldn't be scary, but Let's be honest.

Schools are scary right now.

So every school should have a plan.

If a child is just coming into your home in the middle of the school year and they have to switch schools, make sure you find this information out.

It's really important, and you don't want to be scrambling at the last second.

And then what about work or wherever we are?

Right?

It's important to know.

Does our company have a plan?

What's going to happen if something happens while I'm at work? So ask questions.

What about our furry friends?

We can't forget about them.

I hate that I even have to say this, but if you have to evacuate, you can't leave your pet at home because we don't know where

we're gonna be allowed back in.

We also can't just let them out.

These are things that actually happen.

Some people leave their pets, or some people just say will

be fine outside.

And a lot of times after disasters, we have tons of stray

pets, so we also need a plan for them as well.

So just think, just like we need an emergency kit, they need

an emergency kit.

They need food, they need water.

So when you're making your plan, if you have pets, make sure

you include them as well.

And does anybody have pets?

Do your kids love the pets?

Yes.

So just imagine if things are really stressful, that pet

can be a sense of security for them.

And if we don't have a plan for the pet, it can be an extra

added stress.

So we want more security and less stress, right.

So make sure we plan for those family members as well.

And this is also really important.

You want to include your children in the planning.

Disasters are scary, and we don't have control over them.

What we do have control over is helping set up the plan and

how we're going to respond to it.

And the more we can involve them in it, the more they can

feel empowered.

Oh, Yeah.

We made this plan.

We practice it.

We're going to be okay.

And, you know, try to make it fun again.

We don't want to overwhelm them.

We don't want to scare them, but we do want to give them information that they can understand in an age appropriate manner so that they can be prepared as well.

Take a second to think of all the things we take for granted each day, which can easily be lost for hours, days, or weeks after a disaster occurs.

Electricity, gas, water, sewage treatment and phones can all be compromised during an emergency and its aftermath.

Local officials and relief workers will work hard to help

the public, but they cannot get to everyone at once.

Therefore, it's important to have basic supplies for your

family to survive on until assistance arrives.

The general rule of thumb is to have supplies to last your

family at least three days.

We've gone ahead and compiled an example emergency kit inside

this 18 gallon container.

After we review the contents, take some time to consider

additional items you might include in your own family's emergency

kit. Once you've finished this course, you can find a complete

checklist of the items in this video to help you as you prepare

your home for any disasters you might face.

This is an emergency hand crank operated Noah Weather radio

and flashlight.

If the power goes out, this will go a long way, as it will

allow you to both have a flashlight in the event, you run out of batteries and stay up to date on local news about the disaster as it occurs.

We've also included a few health related items alongside the first aid kit.

We've collected hand sanitizer, liquid soap and Bleach to help you make the best use of all these.

We've also included paper towels and toilet paper with a bag of rubber gloves to help you stay sanitary when cleaning up messes.

Of course you'll need to eat, and if running water or power goes out, you may find that washing dishes and utensils is no longer an option.

Furthermore, if you are displaced, you'll need supplies to

eat on.

To handle these situations, we've included a pack of plastic utensils, paper plates, paper cups, and straws.

Finally, pack a can opener and a bottle opener so you can make use of canned goods.

We left the food out of our kit, but be sure to stock yours with family favorites to help you save and store food and other items.

We've also included is set of large plastic bags, two different sizes of Ziplock bags, as well as some reusable plastic containers with lids.

These can also come in handy to keep any important documents dry when de private power.

Electronic entertainment is completely inaccessible.

Therefore, you definitely need to include activities for

your children.

As you can see, we've placed some coloring books, notebooks,

and a puzzle along with a collection of pens, pencils, markers,

and crayons.

Last, but not least, don't forget to include lots of water.

Now that you've seen what our kit looks like, we encourage

you to go and construct your own.

Don't forget to check out the attachments on this training

after you finish so you can download the checklist with all

the items we featured here for now.

Proceed to the next slide whenever you're ready.

Yeah.

So Here's just the list here of some things that we definitely

want to include.

Let's see.

Most of these have been mentioned already.

Local maps who would be lost without Google Maps or ways?

Nowadays, I would be lost, so we might actually need a paper map. Yes.

Not a bad idea to have one of those on hand cell phone Chargers

also, or any kind of charger for any electrical electronic

devices that we need.

If we have any medical devices.

Important documents.

If you have a foster parent letter, things like that, we're

going to want to have copies of if you can get, like, a waterproof

sleeve to put some of this really important stuff so that

we know it's not going to get damaged.

It's a good idea.

Cash.

What happens when our cards don't work?

We may need to still pay for stuff, so try to always have

a little bit of cash on hand as well.

Yes, I can't make change.

Absolutely.

There you go.

Yeah.

Wonderful.

Thank you.

And Yes, we have matches.

Somebody said candles and definitely stuff to keep the kids

occupied. Right?

Generator does anybody have a generator?

Wonderful.

Have we read the owner spaniel front to back?

Yes.

Wonderful as you should.

So generators can be really helpful.

As long as we know how to properly operate them, they can

also be really dangerous.

If you don't know what you're doing, please.

I don't want to read about any of you getting in an accident

with your generator.

Just a couple tips.

Get one early.

Right, then say, Oh, no, the Hurricanes coming.

Let me go get one.

You want to be familiar with it again when the emergency

is coming, things are stressful.

This is another thing that we want to practice in a low stress time. How to properly operate this piece of equipment.

Follow the owner's manual.

We want to follow all of the instructions, and everyone works a little bit different.

So just make sure you peruse through that booklet when you first get it.

And we know they run on gasoline.

Right.

So we need to have gas on hand, and we need to make sure we're storing that gas appropriately.

Inappropriate containers, not near any flammable substances.

Things like that.

Another option by a propane one, especially if your house runs on propane.

That's even easier.

Just hook it right up.

One last thing for you to worry about also important to be running it outside.

We can't run the generator inside on a dry surface if we can have it slightly covered under an open structure.

Even better, the garage does not count.

We can't run the generator in the garage.

What happens if they're running on guests?

They're emitting carbon monoxide, which is very dangerous.

We can't sense it, but it's there, and we can get poisoned by it very quickly.

So Super important to make sure that we are running our generator

in a safe space.

So we're going to get to types of disasters in just a moment.

But first, just a couple of considerations if we have a family

member with the disability.

So anybody care for a child with special needs right now?

Okay.

So, you know, even daily life just requires a bit more planning,

right? Nothing different here.

So we want to develop a personal support network for this

family member and the members of the support network.

So it can be family.

It can be friends, care providers, and all the members of

the team should be aware of your family's emergency plan.

It's good to have somebody who has a spare key.

So perhaps you've already gone, but you need some supplies,
some medical devices that are in the home so that they can
help you access those things.

And also somebody who knows how to operate any life saving
equipment or how to administer any medication because you
don't know what will happen to the main caregiver.

Right.

I want to make sure somebody else will know how to appropriately
care for this family member of ours.

And of course, these members should have knowledge of any
communication difficulties or physical limitations that exist.

So we can make sure that we can safely get all family members
where they need to be something to consider.

Our normal medical facilities, therapy centers.

Pharmacies may be unavailable for a period of time.

So part of making your plan if we have a family member who needs any of these services is to coordinate with them, see what their emergency plans are.

If they work with any other similar agencies that you can connect with, if you need to evacuate, you can even start to look for similar services and areas that you know you may be evacuated to and plan this ahead of time.

Okay.

Have a backup plan for all your essentials to always having spare medication.

If we use a motorized wheelchair, always having a spare battery that's fully charged and making sure we're storing that battery in an appropriate place all really important.

Our electric wheelchairs can be a little bulky, right?

And not so easy to maneuver sometimes.

So always good to have that manual one on hand.

So no matter what, we can get our family members to safety.

And you're also going to want to include, of course, any

specialty items in that emergency kit.

So any health related items that they're going to need, or

if you have a family member with dietary restrictions, make

sure the food in the kit is considerate of those restrictions.

And again, just another reminder, check if you can register

with your local with your state Office of Emergency Management

so they can help you get out if you need to.

And you could also check for individual assistance, other

government agencies, nonprofit groups, especially during

recovery. There are a lot of people around to help, so definitely

look for those resources.

And if we have a family member who's hearing impaired, we may need to make special arrangements so that they can be alerted of the disaster of the emergency.

If we have mobility impaired family members, they may need special assistance.

Evacuating.

Again, this is just all stuff to think about ahead of time instead of as is actually happening.

There are countless ways that disaster can strike.

So it's important to have a plan that's adaptable to different scenarios. Of course, we can tweak it for different things, but we want to basically develop in all hazards plan that can work for varying situations.

So here I'm going to cover just a few types of natural disasters

that you may encounter.

Of course, Hurricanes.

We're in Florida.

We're in Hurricane season, right?

So of course, we're going to start here.

Hurricanes are strong, tropical, strong tropical storm say

that three times fast.

And some of the concerns that they bring are high winds,

flooding, storm surge.

And Yes, you read that, right?

Even tornadoes.

Hurricanes can form a tornado.

So they are serious.

The good thing about Hurricane is with our weather modeling.

Now we usually have some advanced notice right now, like

no Hurricanes here.

We have a couple of days to get ready.

So this gives us at least a little bit of an advantage difference

between a watch and a warning.

So a watch means that conditions are possible within 48 hours.

Meanwhile, your warning means that conditions are expected

within 36 hours.

So if you want to say that the warning is a little bit more

serious, but that doesn't mean that we shouldn't take a watch

seriously as well.

Just means that it's a little bit more imminent if we receive

a warning.

Bye again.

We are in Hurricane season right now.

At least our Atlanta Hurricane season runs June first to
November 30.

So important right now, some high risk areas.

Barrier Islands.

I lived on a barrier Island during Hurricane Sandy and I
couldn't go home for a whole week.

That was fun.

Coastal communities, flood prone areas, and mobile home parks.

If we live in these areas, we should take even a little bit
more precaution, perhaps.

And something we might consider is having a professional
come out and inspect your roof, your windows, doors, garage
doors, just to make sure everything is sealed up as tight
as possible.

Some preparations.

We can take flood insurance, for goodness sake.

So important because our regular homeowners insurance doesn't cover it and flood damage is be safe.

I used to work for a roofing company and we did some flood remediation. Yes, you don't want to pay for that out of pocket.

So if you live in a flood prone area, you're definitely going to want to make sure that you have flood insurance.

As somebody mentions, you're going to want to bring in or secure any outdoor items, your patio, furniture, anything that can become a projectile because it can hurt a person and it can damage property.

So you're going to want to take everything in and make sure you have nothing that's going to fly away.

If you have Hurricane shutters, close those up or you can

board up your windows and your doors again.

If you live in a Hurricane prone area, you might want to

be Proactive about this.

Just one day, Saturday, Sunday, you don't have anything to

do. Go to Home Depot.

Go to low, get yourself plywood pre.

Measure out all the spaces you may need to cover.

You can label them this way.

When it's coming, all you got to do is slap them up and turn

your refrigerator and freezer to the coldest settings.

This will go for any situation where you might have a power

outage. So this way, if you do lose power for some amount

of time, if your stuff is as cold as possible, there's a

better chance of it being okay.

And I read this tip a little while back, you can actually

freeze a Cup of water and once it's already frozen, put a

coin on top of it.

Keep that in your freezer.

And then when you come home, if the coin is at the bottom.

That means everything melted and refroze.

So we're going to want to get rid of that.

But if it's still at the top, then everything's okay.

And another thing, especially in our freezer space creates

air, and that air makes our stuff heat up faster.

So if your freezer is a little bit on the emptier side, you

can just take plastic bags, fill them up with water, and

you want to have the least amount of space as possible.

When all your stuff is frozen together, it'll stay colder

for longer.

No.

And review evacuation rates.

Those are important.

We don't want to.

Just the last minute has to be following everybody else.

So just make sure you have at least an idea of one or 2 ways

to get out.

And just keep in mind that our back roads that we may normally

like to take maybe a little treacherous during these times,

we don't want to be caught without gas.

So if you see that something might be coming, go fill up

your car.

Okay.

So we always want to stay informed.

So this is after Hurricanes, but really, for any kind of

emergency situation, a couple of ways to do so.

It's good to have a battery powered or solar powered hand

crank weather radio, because in the event we can't access

any of the ways that we would normally get our information,

is it's a fail safe, right?

It's always going to work.

So good thing to have on hand, especially down here where

we're prone to lose power for 16 days at a time.

If we do have power, we're fortunate enough to have that

your local television and radio stations.

Again, we want to stay local as much as possible because

that's going to be the most accurate and up to date information.

We don't want to see Uncle Jim on Facebook updates.

We want to get legitimate information from our local emergency

local emergency management officials as much as possible.

And of course, our smartphones.

Right.

We have all this information at our fingertips for the most part, at any given moment.

So there are actually a couple of different services you can sign up for.

One of them is called Niel.

That's and I'm signed up for them.

You can put in a couple of different Zip codes and they'll send out community alerts.

So sometimes it's when stuff is actually going on.

And this actually really varies from zip code, zip code I'm registered for where I live, and for where I work from where

I live, I get nothing maybe once in a while, like a flash

flood warning.

But for the area where I work, they keep people informed

a lot.

So if there's any big arrest or anything that happened or

even just like community information, so it's not all bad.

Sometimes it's positive stuff as well.

But that's another great and easy way to stay informed.

So that's called Niel.

That FEMA app okay.

So that's how to stay informed.

And again, this is for any kind of scenario.

Flooding can be caused by our Hurricanes could be caused

by melting snow or just regular old heavy rain.

Just like with Hurricanes.

We have what we have a warning.

The warning is always going to be the more serious of the

two. But again, we take them both seriously.

We can have a flash flood, which is when it happens real

quick out of nowhere.

And these can be really dangerous because they're kind of

unexpected and we may not be as prepared for them.

And water can move really rapidly during these flash floods.

If we get a flash flood warning, get the heck out of wherever

you are.

There's no reason to be there.

This is our mantra, turn around.

Don't drown.

If you come up to a flooded roadway either by car or on foot,

the depth of water can really be deceiving.

It only takes six inches of rapid moving water to knock us

off of our feet.

It only takes two feet of water to sweep your car away.

So it's not that two feet.

It's not that much, especially if you have a bigger car.

You can be like, Oh, I'll be fine.

But especially during floods, the road bed underneath may

have washed out, so it may look one foot deep, but it may

be three feet deep, so we don't want to take those chances.

It's corny, but it's efficient.

Turn around, don't drown.

It is not worth it.

And also, if your car stalls and you're trying to get it

out and water starting to rise for goodness, they get the

heck out of there.

So many people end up getting hurt or worse because they're

trying to save the car.

The car can be replaced.

You cannot.

So your car is not worth it.

You definitely want to get out of there as quickly as possible,

so some preparation you can take for floods, of course.

Flood insurance, right?

We already mentioned that.

And this one goes again for for any disaster.

It's a good idea to take photos to take video.

You just walk around your house recording of all your stuff

or, you know, the good stuff.

So this way, if we come to insurance claims afterwards, we

have proof of everything and the state that it was in before.

So it'll take you two minutes, walk around your house with

your phone out and record everything.

Really good idea to have this on hand, a sub pump with backup

power. This way, if water starts coming into the house, we

can quickly get it out.

Consider raising all of your appliances and electric components

at least a foot above the projected flood elevation level

because it can come high, right?

Sometimes once in a while it gets really bad and you don't

want all of your appliances ruined flooded out.

So get them up.

And also a good idea to have backflow valve for sewage connections,

so that if funky floodwaters starting to run back up the

lines, you don't want that in your house.

So putting these back full house helps keep all the yucky

stuff out.

It's just very briefly.

I know we're in Florida, but we're not all from Florida,

and we travel, right?

So severe winter weather, we can have blizzards.

A lot of people think blizzards are left of snow, lots of

feet of snow, which can be the case.

But a Blizzard is actually categorized of blow, gusty winds.

So it winds 35 miles per hour, more and really gusty blowing

snow, noreasters really bad.

They can cause a major Beach erosion.

So there's something to worry about in coastal communities,

wind chill, which can cause Frost, bite or hypothermia, and

then ice and road hazards.

Goodness, you know, up home in New Jersey and we see it snows

a little bit South of like Virginia.

Things don't go so well.

So it's important to know a little bit about travel and snow,

even if it's not likely to occur.

And then once that snow starts to melt, of course, we can

have flooding again as well and more power outages.

So winterizing your home, just a couple of steps.

You want to make sure that everything is properly insulated,

just like with Hurricanes.

Have a professional inspect everything, make sure that you

are going to be warm and safe.

And of course, clean your gutters, whether or not it's going

to snow.

It's important to clean those and then thunderstorms and

lightning, which may not seem that threatening because they

happen all the time.

But they can still be dangerous.

Every thunderstorm does produce lightning, and some other

possible associated conditions are tornadoes, strong winds,

hail and flash flooding.

All can be very dangerous, and some thunderstorms can be

severe. And those are categorized by winds of 58 miles an

hour or more.

So very windy and again, just like all our other types, we

have watches and warnings, and our lightning is highly unpredictable.

It can strike up to 10 miles away from any rain.

Just one little note here some people, this is myth.

If somebody gets struck by lightning, they're not electric.

They're not going to shock you so you can help them right away. Please help the person who got hit by lightning.

You won't get zapped yourself some preparations to take your property, get rid of any dead branches and trees.

The 30 30 Lightning Safety rule.

So if you hear Thunder, I'm sorry.

What's that?

If you see lightning and you can't count to 30 before you hear Thunder, then that means you need to get inside and stay inside for at least 30 minutes after the last thunderclap you heard.

Postpone any outdoor activities until that storm passes.

Get inside.

You can't get to building, get inside a car.

And just like with bad Hurricanes, securing outdoor items

that could blow away and injure people or property, they

have the added anxiety, seeing their separate, worrying about

their own family.

So like I was mentioning earlier, if you can include them

in the preparations so they have a plan to contact each other

afterwards, definitely do that.

And just be aware that they have this added anxiety and be

empathetic of that.

When a new child comes into your home, you are going to want

to explain the plan to them.

Obviously not right away, but when it's appropriate and again,

let them have that input in it.

And you can talk to them about the different types of emergencies

that you may be getting ready for and practice can't stress.

That enough how important it is to make sure we practice

these plan.

Let the children have their inputs, have them discuss the

plan with their family.

Maybe that will encourage their own family to make a plan

as well.

Review the plan with the case worker.

How nice would it be to give them?

Say, Hey, this is our plan.

This is how to reach us in an emergency.

So this way, they don't have to scramble just a little way

to get on the good side and practice safety skills.

So anybody who's old enough in the family, you can go together,

attend a CPR class, learn about first aid.

You can have a first aid book in your kit.

So this way, we all know how to stay as safe as possible

if need be, and then preparing yourself.

So you guys are the helpers, right?

You may not be accustomed to it, but you may need to ask

for help, especially if you are affected and there's a recovery

efforts. It may be your turn to ask for help, and there are

resources available, so definitely access them if you need

to. If your home is damaged, something to consider.

There is a chance that your children may be removed if you

just don't have the space for them, say you need to go stay

in a hotel or an apartment without the space.

This is a possibility.

So just something to keep in the back of your mind and then

familiarize yourself with disaster assistance.

You don't need to be Super informed, but if you have some downtime, just see what's out there in the event that you need it.

So you're not scrambling around, ask, you're stressed out and just lost your home.

And as I was saying earlier, so we have the follow up what to do during the disaster about recovery efforts.

All this information we have at the table, good old Ben Franklin tells us that an ounce of prevention is worth a pound of cure. It really doesn't take a ton of time.

You can make it a fun family event.

Work on your plans together, let your kids be involved and you will all feel much better knowing that you know what

to do.

Knowing that you've practiced this, knowing that, Hey, we've

done this before.

No matter what happens, we're going to be okay.

And thank you so much.

I hope you feel a little bit more prepared now than you did

an Hour ago.