

Hurricane Season



The storm and hurricane season begins on June 1st until November 30 each year, you and your family should develop a Family Emergency Plan.

What is a Tropical Cyclone?



A tropical cyclone is a generic name for an organized cyclonic circulation system where the wind blows around a center or an eye in an opposite direction to the hands of the clock. These are classified according to the intensity of the sustained winds:

- **Tropical Depression:** It is an organized system of clouds with a defined circulation and whose maximum sustained winds are less than (39) mph.
- **Tropical Storm:** It is an organized system of clouds with a defined circulation and whose maximum sustained winds fluctuate between (39) and (73) mph.
- **Hurricane:** It is a tropical cyclone of strong intensity; whose maximum sustained winds reaches or exceed seventy-four (74) mph. It has a defined center (eye), which has low pressure.

Planning before the Tropical Cyclone:

- Prepare a bag or suitcase with the necessary items in case of an emergency and keep it in an accessible area. The items that you should include are:
 - ✓ Clothes, (dress clothing, interior) personal hygiene items (toothbrush, deodorant, paste, soap, hairbrush, towel, etc.)
 - ✓ Prescribed and over the counter medications.
 - ✓ Important documents (Identification card,

Medical Insurance card, others)

- Prepare your car by filling the fuel tank. 
- First Aid Items
- Face mask
- Disposable gloves
- Make a Contingency Plan with your family and neighbors before any eventuality. In addition, it's important to have a list of the shelters that will be available.
- Bottled water
- Antibacterial gel of at least 60% alcohol
- Water, at least one gallon per person per day, for bathing and sanitary purposes. Have an emergency supply for at least ten (10) days.
- Non-perishable food for at least 10 days per person.
- Pet food and additional water.
- Disposable wet towels, toilet paper, trash bags and paper towels.
- Propane gas, Lanterns, Solar Lamps.
- Cash
- Portable or solar radios; batteries cell phone with charger and external battery. 

Water Storage Tips:

- Clean and disinfect the containers you will use for water storage.
- Containers should be in a cool area of your home where they do not receive direct sunlight.

- Each container for storage must have its lid.
- Don't use containers that have been previously used to store chemicals or hazardous materials.
- The stored water must be purified before being used to drink, bathe, cook, etc.

Phones in case of an Emergency

Have a list of contact numbers of emergency agency, which includes the Police and Fire Department:

- Negotiated Emergency Systems 9-1-1
- Line PAS of ASSMCA 1-800-981-0023



After the Tropical Cyclone

- Stay informed through radio and television.
- Do not use electrical equipment that has become wet.
- If there is no electricity, use flashlights instead of candles. These can cause fires if they are not monitored or located in a safe place.
- Never use a generator within 20 feet of a window, an open door or an exit where exhaust gases can enter to a closed area. Prevent poisoning by gases from it.
- Use repellents or mosquito nets to prevent mosquito bites.
- Always respect the warnings of possible events that put your life at risk.



Remember:

The hurricane season begins on June 1st until November 30 of each year. It is important to prepare and develop a Family Contingency Plan. For this we must have emergency supplies and prepare for before and after the atmospheric phenomenon.

Contact your Primary Physician:

If you need emergency services, do not hesitate to contact your primary care provider, it will be able to help you both physically and emotionally before, during and after a atmospheric phenomenon.

Important:

If you need emergency services, you can dial 9-1-1 or go to any Emergency Room.

If you have any symptoms that you understand requires immediate attention, before visiting an Emergency Room, you can call the Medical Counseling Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) Days of the week. TTY / TDD users should call 1-844-347-7804. When you call the Medical Counseling Line before visiting an Emergency Room, you will be exempt from paying the copayment for services received during your Emergency Room visit.

For more information

Customer Services Department
1-844-347-7800
TTY/TDD 1-844-347-7805
Visit our Website
www.firstmedicalvital.com

References:

NMEAD. Retrieved from <http://www.manejodeemergencias.pr.gov/>
CDC. Retrieved from <https://www.cdc.gov/es/disasters/hurricanes/index.html>
CDC. Retrieved from https://www.cdc.gov/spanish/niosh/docs/96-118_sp/default.html