

Additional Cyclone Preparedness Guidelines

For Coastal Residents

Emergency Kit Essentials

- **Food and Water:** Store at least a three-day supply of non-perishable food and one gallon of water per person per day.
- **First Aid Supplies:** Include bandages, antiseptic wipes, pain relievers, and any necessary prescription medications.
- **Flashlights and Batteries:** Ensure you have a reliable flashlight and extra batteries in case of power outages.
- **Portable Phone Charger:** Keep a power bank charged to maintain communication.
- **Cash:** Have small denominations of cash, as ATMs may not function during emergencies.
- **Personal Hygiene Items:** Pack items like soap, hand sanitizer, toilet paper, and feminine hygiene products.
- **Important Documents:** Store copies of identification, insurance policies, and medical records in a waterproof container.

Communication Plan

- **Establish a Family Communication Plan:** Designate a meeting place and a point of contact outside the affected area to ensure everyone can communicate.
- **Stay Informed:** Use a battery-operated or hand-crank radio to receive updates if the power goes out.
- **Social Media and Texting:** Use social media platforms and text messages to communicate with family and friends, as they may be more reliable than phone calls during emergencies.

For Inland Residents

Monitoring Weather Updates

- **Use Weather Apps:** Download reliable weather apps to receive real-time alerts and updates on cyclone developments.

- **Local News:** Follow local news channels for accurate information regarding the cyclone's path and intensity.
- **Community Alerts:** Sign up for community alert systems that provide notifications about severe weather and emergency instructions.

Home Preparedness

- **Secure Loose Items:** Bring in or secure any outdoor furniture, decorations, or equipment that could become projectiles in high winds.
- **Check Drainage Systems:** Ensure that gutters and drains are clear to prevent flooding.
- **Elevate Utilities:** If you live in a flood-prone area, elevate utilities and appliances to reduce the risk of water damage.

For Residents in Moderate Risk Areas

Building Resilience

- **Strengthen Your Home:** Consider reinforcing your roof and windows to withstand high winds.
- **Create a Flood Plan:** Know the flood zones in your area and have a plan in place for moving to higher ground if necessary.
- **Community Involvement:** Engage with local community groups to participate in preparedness drills and share resources.

Emergency Response Training

- **Take First Aid and CPR Classes:** Being trained in first aid can be invaluable in emergencies.
- **Learn About Local Emergency Services:** Familiarize yourself with local emergency services and their protocols for cyclone response.

General Guidelines for All Residents

Post-Cyclone Safety

- **Inspect Your Property:** After the storm, check your property for damage and hazards, such as fallen trees and debris.
- **Avoid Floodwaters:** Stay away from floodwaters, as they may be contaminated and pose health risks.

- **Document Damage:** Take photos of any damage for insurance claims and report it to your insurance provider as soon as possible.
- **Stay Updated:** Continue to monitor local news and weather updates for information on recovery efforts and additional safety measures.

Mental Health Awareness

- **Support Each Other:** Check in on friends and neighbors, as the emotional toll of a cyclone can be significant.
- **Access Mental Health Resources:** Be aware of local mental health services that may offer support after a disaster.

By following these detailed guidelines, residents in coastal, inland, and moderate risk areas can better prepare for cyclones, ensuring their safety and the safety of their communities. Always prioritize communication, preparedness, and recovery efforts to mitigate the impact of cyclones