



LDH Guide to Hurricanes

July 2, 2024

SUGGESTED SOCIAL ACCOUNTS TO FOLLOW

Louisiana accounts:

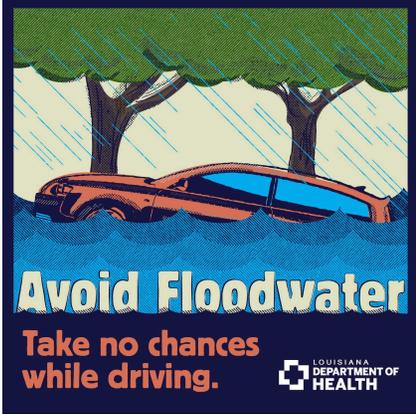
- **Governor's Office:** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP):** [Facebook](#) | [Twitter](#)
- **Department of Health:** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **Department of Children and Family Services (DCFS):** [Facebook](#) | [Twitter](#)
- **Department of Transportation and Development (DOTD):** [Facebook](#) | [Twitter](#)
- **Louisiana State Police (LSP):** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **Office of State Fire Marshal (OSFM):** [Facebook](#) | [Twitter](#)
- **New Orleans Health Department (NOHD):** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **NOLA Ready:** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **Red Stick Ready:** [Facebook](#) | [Twitter](#) | [Instagram](#)

National accounts:

- **988 Suicide and Crisis Lifeline:** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **Disaster Distress Helpline:** [Facebook](#) | [Twitter](#)
- **Federal Emergency Management Agency (FEMA):** [Facebook](#) | [Twitter](#) | [Instagram](#)
- **FEMA Region 6:** [Facebook](#) | [Twitter](#)
- **National Hurricane Center:** [Facebook](#) | [Twitter \(Atlantic Basin\)](#)
- **National Weather Service (NWS):** [Facebook](#) | [Twitter](#) | [Instagram](#)

SUGGESTED SOCIAL MEDIA CONTENT

SOCIAL MEDIA MESSAGES

Social Media Channel	Messaging	Image
<p>  </p>	<p>TURN AROUND, DON'T DROWN! Never drive on flooded roads.</p> <p>More on floodwater safety:</p> <ul style="list-style-type: none">  Evacuating to higher ground reduces the chances of encountering floodwaters and ensures your safety.  You do not know the road conditions beneath the water. Even if the water appears calm, it may be deeper or swifter than it seems, posing a serious risk to your safety.  Floodwaters can be contaminated with hazardous materials, sewerage and harmful bacteria. Avoid swallowing or consuming floodwater to prevent waterborne illness. <p>@GOHSEP</p> <p>https://getagameplan.org</p>	

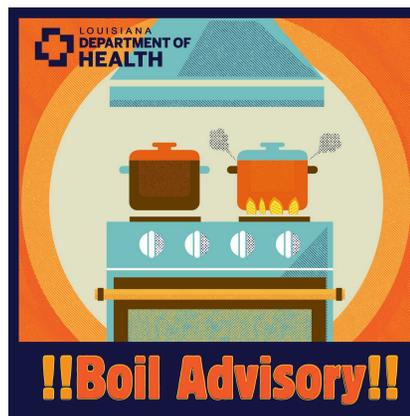


How do you know when you need to boil your water? Here are some drinking water safety tips to know for hurricane season:

- 💧 Stay informed through official channels and local authorities regarding water advisories and safety guidelines.
- 💧 If you are unsure about the safety of your tap water, bring it to a rolling boil for at least one minute to kill any harmful bacteria or parasites that may be present. Allow the water to cool before using it for drinking or cooking purposes.
- 💧 Ice made from unboiled water is also unsafe.
- 💧 It is OK to shower and clean with water that has not been boiled.
- 💧 If tap water is not safe for drinking, use bottled or boiled water for oral hygiene, such as brushing your teeth, and avoid swallowing water while showering.

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! Heat stress can be fatal !

In Louisiana, heat was the most common cause of death during hurricanes Delta, Zeta, Laura and Ida.

- ☀️ Heat exhaustion symptoms can include muscle pain or spasms; cold, pale, clammy skin; tiredness or weakness and dizziness; and headache and fainting.
- ☀️ Heat stroke symptoms can include a high body temperature (103F or higher); hot, red, dry or damp skin; fast, strong pulse; headache and dizziness; nausea and confusion; and loss of consciousness (passing out).
- ☀️ Move to a cool place and loosen your clothes, put a cool, wet cloth on your body or take a cool bath.



	<p>☀️ Sip on water, and seek medical attention if you're throwing up and/or if your symptoms last longer than an hour.</p> <p>@GOHSEP</p> <p>https://getagameplan.org</p> <p>https://ldh.la.gov/page/heat</p>	
<p>  </p>	<p>In the event that your power goes out during a storm, a generator can help you get through it! However, there are some must-know tips for operating your generator safely.</p> <p>🏠 DO NOT place your generator inside, or less than 20 feet away from windows and doors</p> <p>💧 DO NOT use in wet conditions</p> <p>🔥 DO NOT refuel when hot</p> <p>🔥 DO NOT store fuel near heat sources or flammable materials</p> <p>🔌 DO NOT use a wall outlet</p> <p>😵 DO NOT ignore symptoms of carbon monoxide poisoning, such as headache, dizziness, nausea, confusion, and fatigue</p> <p>@GOHSEP</p> <p>https://getagameplan.org</p>	 <p>The graphic features a blue generator with a fuel tank and a control panel, set against a dark blue background with a light blue sky. Below the generator, the text "Generator Safety REMINDERS" is written in bold, yellow, sans-serif font.</p>



Hurricane season has officially started 🌀 Don't wait until there's a storm in the Gulf to prepare. Be sure to keep these tips in mind:

- ✓ Plan for special medical needs
- ✓ Communicate with your healthcare provider
- ✓ Notify caregivers and support network
- ✓ Maintain a sufficient supply of medications
- ✓ Arrange for backup power
- ✓ Plan to evacuate if advised
- ✓ Pack essential supplies
- ✓ Protect medical equipment
- ✓ Keep sufficient documentation

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During a natural disaster, your mental health is just as important as your physical safety and well-being!

- ♥ Prepare for hurricane season with an emergency plan that includes considerations for your mental health. Prepare an emergency kit for your medications and items that help you handle stress, like a journal or headphones.
- ♥ Establish a communication plan with loved ones, and identify strategies for managing stress during and after a hurricane. Stay connected with your support network of friends, family, and neighbors.
- ♥ Stay updated on hurricane-related news and alerts from reputable sources such as LDH, CDC, FEMA and local authorities. However, excessive exposure to media coverage can increase stress and anxiety. Establish a balance by setting limits on media consumption.



	<p>♥ Follow evacuation orders and safety guidelines. Feeling secure in your surroundings can help alleviate emotional stress and allow you to focus on your mental well-being.</p> <p>@GOHSEP</p> <p>https://getagameplan.org</p> <p>https://louisiana988.org</p>	
<p>  </p>	<p>Do you have a special medical need? Keep this hurricane season guidance in mind:</p> <p>✓ Plan ahead. Individuals with special medical or health needs, including those dependent upon electricity or oxygen, should develop a comprehensive emergency plan. This plan should address specific requirements for medical equipment, medications and any assistive devices.</p> <p>✓ Pack essential supplies. Prepare an emergency kit with essential supplies tailored to your special medical needs. Include extra batteries, chargers, oxygen tanks, medical equipment manuals, a list of emergency contacts, medical records and any necessary documentation.</p> <p>✓ Protect medical equipment. Keep devices dry and protected from water damage, and ensure proper ventilation and air circulation for equipment like oxygen concentrators.</p> <p>@GOHSEP</p> <p>https://getagameplan.org</p>	



Pets are family, too. In the event of severe weather:

- Identify pet-friendly shelters or hotels in case of evacuation, create a pet emergency kit, and ensure your pets are properly identified with collars and/or microchips.
- Designate a secure area in your home where your pets can seek shelter. Choose an interior room without windows and keep it stocked with food, water, bedding and familiar items to reduce stress.
- Ensure your pets have up-to-date ID tags with your contact information. Consider microchipping your pets as a more permanent form of ID. This will increase the chances of a safe reunion if you and your pets become separated.
- Prepare a pet emergency kit with essential supplies such as food, water, medications, a leash, a carrier, litter and sanitation items. Keep the kit readily accessible so that you can quickly grab it during an evacuation.

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Even once a storm has passed, you are **STILL** at risk for injury or illness.

- ⚠️ Be sure you are up-to-date on your tetanus shot, as getting a tetanus shot before an injury is ideal. For those with an injury or wound that have not had a tetanus shot in more than five years, you should get a tetanus shot within 48 hours of an injury.
- ⚠️ Identify which jobs need to be done by professionals, including any jobs that require climbing.
- ⚠️ Wear sturdy gloves, boots, and protective clothing when handling debris.
- ⚠️ Stay away from potentially contaminated standing water, and if you do come into contact, wash thoroughly with soap and clean water.
- ⚠️ Promptly dry out, ventilate and clean any water-damaged areas or materials to prevent mold growth.
- ⚠️ Seek professional assistance with removing mold from your home and HVAC system.
- ⚠️ Be cautious of wildlife. If you encounter injured or distressed wildlife, contact local animal control or wildlife agencies.





Louisiana is all too familiar with power outages caused by storms. However no matter how comfortable you may get, always be alert. Here's your reminder on how to prioritize safety should your power go out this hurricane season:

💡 Keep food safety in mind to prevent foodborne illness. Avoid opening the refrigerator and freezer unnecessarily to maintain temperature. If the power outage lasts more than four hours, discard perishable food items that have exceeded a safe temperature (40°F or 4°C). Follow CDC and FDA recommendations for proper food storage and disposal.

💡 If your air conditioning is not working, go to a public place with electricity, like a library or mall, or local heat-relief shelters, for locations. Check with local officials for cooling sites.

💡 Drink plenty of fluids and avoid alcohol, caffeine and sugary drinks.

💡 Stay in the shade.

💡 Check on people who live alone, especially the elderly.





Staying up-to-date on storm status and official guidance during hurricane season is crucial. Here's how:

✓ **Stay tuned to local news sources.** Trusted local news channels, radio stations and official websites for authorities such as LDH, the Louisiana Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP) and FEMA will provide essential information regarding evacuation orders, shelter locations and emergency services.

✓ **Follow official social media accounts.** Relevant organizations, including @LDH, @GOHSEP and @FEMA may share real-time updates, safety tips and important instructions.

✓ **Utilize weather apps and websites.** Install reliable weather apps on your smartphone or tablet that provide accurate and up-to-date information. Websites like the National Hurricane Center (NHC) and the National Weather Service (NWS) also offer real-time data, storm forecasts and safety recommendations specific to your area.

✓ **Stay connected.** Maintain communication with neighbors, friends, family members, local community groups and neighborhood associations before, during and after a hurricane. Share information and updates, and offer support to one another.

