



# CDC ENVIRONMENTAL HEALTH NEXUS NEWSLETTER

## **CDC Environmental Health Nexus Webinar Recording: Hurricane Safety and Preparedness**

Be prepared for the 2022 hurricane season. View the recorded [Environmental Health Nexus Webinar](#) on Hurricane Safety and Preparedness. This webinar was broadcast on Tuesday, May 24, 1:00–2:00 p.m. ET via Zoom. Subject matter experts Vivi Siegel, health communications specialist for the CDC’s National Center for Environmental Health and Agency for Toxic Substances and Disease Registry (NCEH/ATSDR), and Douglas Hilderbrand, preparedness and resilience lead for the National Oceanic and Atmospheric Administration, National Weather Service, discussed strategies on how to keep you and your community safe during the 2022 hurricane season.

The recording to the meeting is available here: [EH Nexus Webinar with CDC/HRSA on Hurricane Safety and Preparedness](#).

Visit the Environmental Health Nexus [website](#) for more details.

### **The Hurricane Safety and Preparedness Presenters:**



**Douglas Hilderbrand**  
Preparedness & Resilience  
Program Lead  
NOAA/National Weather Service



**Vivi Siegel, M.P.H.**  
Crisis and Emergency Risk  
Communications Lead  
NCEH/ATSDR/CDC

## Hurricane Season Preparedness

Hurricane season runs from June through November



You may need [supplies](#) after a hurricane, which can cut off your power and water supply—but you may not be able to drive because of damage to your car or flooded and blocked roads. Make sure you and your family are prepared by [planning ahead](#) before hurricane season each year.

### Prepare Your Home and Help Your Neighbors

If a hurricane or severe flooding is coming, you may hear an order to evacuate (leave your home). **Never ignore an order to evacuate.**

Even sturdy, well-built houses may not hold up against an extreme storm with strong wind and high water. Staying home to protect your property is not worth risking your health and safety.

Know how to prepare and where you are vulnerable. Ask yourself the following questions:

- Am I in a flood-prone area?
- Do I live in a place that has limited access in and out?
- Will I have to navigate around potential hazards?

If you have friends, family, or other loved ones in hurricane-affected areas, you can help them stay safe by sending them health and safety information.

CDC offers a [toolkit with different messages](#) in both English and Spanish. You can it send via text message, email, or social media. Post these messages on social media and tag friends and family who live in affected areas.

### Plan. Prepare. Stay Informed.

If a hurricane is approaching, there will be a lot going on as the hurricane gets closer to your area, but always remain calm and follow directives from experts. Watch television to stay current on the storm's progress. Local news and weather websites also provide updated information.

Stay aware of alerts that give people enough time to prepare for the storm. [Experts announce hurricane watches 48 hours before they expect tropical-storm-force winds](#)—sustained winds of 39 to 73 miles per

#### RESOURCES TO HELP PREPARE FOR AN EMERGENCY

- Extra Batteries
- Nonperishable food and bottled water
- First aid kit
- Copies of important information
- Medications and other medical supplies
- Cash
- Bar or liquid soap
- Hand sanitizer with at least 60% alcohol

Additional hurricane planning information [here](#).

hour. Experts announce hurricane warnings, which are even more serious, **36 hours before** tropical-storm-force winds are expected.

If a watch is issued, make sure all possible steps in the previous section have been completed. Don't forget to plan for emergencies—[do not leave pets at home when evacuating](#).

## **After A Hurricane**

After an evacuation, do not return home until local officials say it is safe to do so. Keep current with updates. Stay away from debris and bowed or fallen power lines. **Do not walk or drive through flood waters.**

The storm might be over, but that doesn't mean the danger is. Keep your loved ones safe after the storm by [following our safety tips](#):

- [Stay out of flood water.](#)
- [Never use a wet electrical device.](#)
- [If the power is out, use flashlights instead of candles.](#)
- [If you have a generator, keep it outdoors](#), at least 20 feet from any door, window, or vent, to prevent carbon monoxide (CO) poisoning. Use a battery-powered CO detector.
- Be careful near damaged buildings.
- Stay away from power lines.
- [Protect yourself from animals and pests.](#)
- [Drink safe water. Eat safe food.](#)
- [Wash your hands.](#)
- [Take care of any wounds or injuries to prevent infection.](#)
- Clean up your home safely: [wear clothing and equipment that protects you.](#)
- Take care of your emotional health.

Taking care of your and your family's [emotional health](#) is essential after a hurricane. The days and weeks after a hurricane are rough. In addition to your physical health, you need to take some time to consider your mental health as well. Remember that children need extra care and attention before, during, and after the storm. Your state and local health departments will help you find the local resources, including hospitals or healthcare providers, that you may need.

Taking care of your emotional health during an emergency will help you think clearly and react wisely to the urgent need to protect yourself and your family during an emergency.

## **ADDITIONAL WEB AND MULTIMEDIA RESOURCES**

Below are useful resources to educate and prepare yourself and your family.

- Be prepared for 2022 hurricane season. [Learn more](#)
- [Stay Safe After a Hurricane](#) or Other Tropical Storm
- Visit [Prepare Your Health | CDC](#)

- Learn more about [electrical safety after a disaster or emergency](#)
- [Preparedness and safety messaging](#) for hurricanes, flooding, and similar disasters
- [Information about pet safety during an emergency](#)
- Video for [safe use of a portable generator](#) following a hurricane or other severe weather
- Homeowner's and renter's guide to [mold cleanup after disasters](#)
- Prevention guidelines for [emergencies and generators](#)
- [Mold Clean-Up After Disasters](#): When to use bleach

**Thank you for reading.**

**Do not keep this great resource to yourself!  
Please share it with your colleagues and networks.**

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