

# Hurricane Information Guide for Patients

## Be Prepared

Don't underestimate the value of being prepared for a natural disaster! The VA is here to help you, but the North Florida/South Georgia Veterans Health System (NF/SGVHS) Medical Center's and clinics are not emergency shelters. In the event of a major impact, the VA community clinics may be closed for extended periods of time.

**Veterans are advised to follow local evacuation orders**

## Your Personal Preparedness Checklist

Supplies for a two-week period:

- ✓ Water – 18 ½ gallons of water per person per day (2 gallons for bathing, ½ gallon for drinking)
- ✓ Food – ready to eat canned foods, shelf stable snacks and beverages
- ✓ Medicine – first aid kit that contains aspirin, non-aspirin pain reliever, antacid, antiseptic, scissors and insect repellent
- ✓ Personal Hygiene/Care Items – toilet paper, towels, soap, shampoo, denture needs, eyeglasses and sun protection
- ✓ Other supplies – battery operated radio, flashlight and batteries, non-electric can opener, portable cooler and ice, plastic trash bags, tarp or sheet plastic, duct tape, cleaning supplies such as bleach, paper napkins, plates and cups, pillows and blankets.
- ✓ Keep a record of scheduled appointments



## Important VA Sources of Information during Disasters

**386-755-3016, ext. 2915**  
**VAMC Hotline**  
*(updated only during emergencies)*

**VISN 8 Information Hotline\***  
**1-877-741-3400**

**\*Activated only during significant  
weather events**

**On the web:**

<https://www.northflorida.va.gov/>

<https://www.facebook.com/VANFSG/>

<https://www.northflorida.va.gov/NORTHFLORIDA/emergency/index.asp>

## Prescription Medications

- ✓ Keep a list of all medications in your personal preparedness kit
- ✓ Keep a 15-day supply of medication and supplies on hand. Do not allow your supply to go below 15 days
- ✓ For medications that require refrigeration, make sure you have a small portable cooler or ice chest ready for easy transport, if needed
- ✓ If you must evacuate, bring prescription bottles, whether full or empty, of all medications that you are currently taking with you

## Follow Up Care and Scheduled Appointments

- ✓ If your VA appointments were cancelled, contact your local facility to reschedule
- ✓ For urgent care needs that require continuing care while you are evacuated, contact any VA facility by calling 1-800-507-4571. Let them know that you were evacuated and that you usually receive care from one of NF/SGVHS facilities.

## Don't Forget about Your Pets

It is important to have a preparedness plan for your pets! Know which shelters in your community accept pets. If you plan to evacuate to your family's or friend's home, make sure they will accept your pets too.

- ✓ Be sure to have supplies on hand like canned/dry pet food, newspapers, cat litter, leash, crate and drinking water
- ✓ Make sure your pets have an ID tag, collar and/or micro-chip in case they get lost during a storm
- ✓ If you are taking your pet to a shelter with you, be sure to take supplies to care for your pet. Make sure you have copies of health records and any licenses required. Most shelters require that your pet is kept in a cage or carrier

## Helpful Websites

[www.floridadisaster.org](http://www.floridadisaster.org) [www.redcross.org](http://www.redcross.org) [www.usa.gov](http://www.usa.gov) [www.fema.gov](http://www.fema.gov) [www.noaa.gov](http://www.noaa.gov)

<https://www.weather.gov/jax/> <https://www.weather.gov/tae/> <https://www.weather.gov/tbw/>

<https://www.floridadisaster.org/info/> <http://ready.ga.gov/> <http://www.fema.gov/mobile-app>