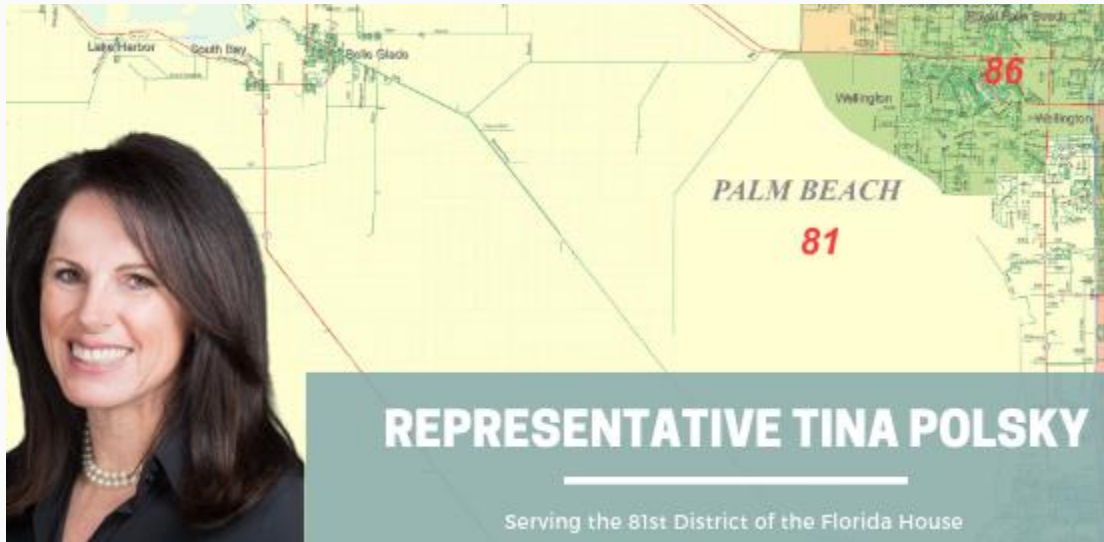


[View this email in your browser](#)



Dear Friends,

As Hurricane Dorian approaches the state, I want to make sure that you are prepared with hurricane resources.

Please stay informed!

- Download local news apps, follow FEMA and emergency management reports, and try to have a battery-operated radio handy in case power goes out.
- Sign up for AlertPBC to get emergency notifications sent to your phone (<http://discover.pbcgov.org/publicsafety/dem/Pages/default.aspx>) or download the “PBC Disaster Awareness & Recovery Tool DART” App on your smart phone.

Know your evacuation plan! Know how you will get you and your family out of the storm area.

- For information about shelters close to you, visit the Palm Beach County Emergency Management website

(<http://discover.pbcgov.org/publicsafety/dem/Pages/Hurricane.aspx>), Red Cross's website or text SHELTER and your zip code to 43362.

- If you have special needs, please visit this website (<http://discover.pbcgov.org/publicsafety/dem/Pages/Special-Needs.aspx>) or call 561-712-6400.

Stock up on essential supplies!

- Make sure your car is fueled, locate your first aid kit, gather prescriptions and important documents, and keep your pet's kennel ready at hand.
- You'll need water, non-perishable food, and batteries in case your power goes out. (My personal tip is to fill up water bottles and pitchers you have in the house before the storm – no need for so much plastic!

Know what to do in case of flooding! Don't attempt to drive on flooded roads and stay away from downed power lines.

If you are, or know a vulnerable senior residing in south Palm Beach County, make sure to register with JFS so they can assist you pre and post storm. Register by visiting [ralesjfs.org/stormreg](http://ralesjfs.org/stormreg).

I encourage everyone to check out online resources to make sure you are prepared and informed. You can access FEMA's hurricane website at [www.Ready.gov/hurricanes](http://www.Ready.gov/hurricanes), and Florida's emergency management division at [www.FloridaDisaster.org](http://www.FloridaDisaster.org).

Should Hurricane Dorian affect Palm Beach County, please note that I have been in contact with FPL, the Florida Department of Emergency Management, and Palm Beach County Emergency Management, and I feel confident that we are prepared to handle whatever comes our way. My office will be in contact with all of these entities before, during, and after the storm, so please feel free to reach out to us with questions or concerns and we will do our best to assist you.

The best way to follow the most up-to-date information will be through my facebook page: [@RepPolsky81](#) – especially after the storm for closings, etc.

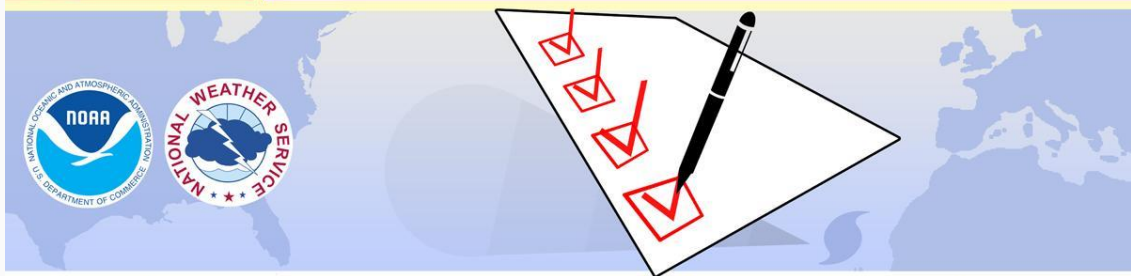
Stay safe!

A handwritten signature in black ink, appearing to read 'Tina Polsky', written on a white rectangular background.

Representative Tina Polsky

# 5

## THINGS TO KNOW ABOUT BEING PREPARED FOR A HURRICANE



1

Writing down your plan will ensure you don't make mistakes when faced with an emergency.



2

Document all of your valuables and possessions with a camera or video camera well before the storm.



3

Gather all vital documents, like passports and medical records, and put them somewhere that you can quickly access.



4

Make planning and preparedness a family affair to ensure everyone knows what to do.



5

It does NOT matter how many hurricanes are forecast for this year. It only takes one storm.



For more Hurricane Safety Information, visit [weather.gov/hurricanesafety](http://weather.gov/hurricanesafety)

Make sure you are hurricane ready by following these 5 easy steps!

## DISASTER SUPPLY KIT CHECKLIST

A Family Disaster Supply Kit is essential in planning for a disaster. Your Disaster Supply Kit should include the items previously discussed and these additional items.

- Water (1 gallon per person per day for 7 days)
- Non-perishable food
- Sterile gauze pads
- Flashlight and batteries
- NOAA weather radio
- First aid kit
- At least two weeks supply of medication, medical supplies used regularly and a list of allergies
- Information about where you receive medication, the name of the drug, and dosage
- Medical records and primary care physician contact information
- List of the style, serial number, and manufacturer information of needed medical devices
- Service animal I.D., veterinary records, and proof of ownership
- Supplies for your service animal

- Special needs items  
*Be sure to include specialty items for infants, small children, the elderly, and those family members with a disability.*

- Clothing  
*Include seasonal or rain gear and sturdy shoes or boots.*

- Vehicle  
*Keep your motor vehicle tanks filled with gasoline*

### First Aid Kit

- First Aid Manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrhea medicine
- Antacid
- Laxative
- Activated charcoal

- Food  
*Enough for at least up to seven (7) days, non-perishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary needs.*

- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

- Flashlight  
*Do not use candles and be sure to have enough batteries.*

- Radio  
*Battery operated or hand cranked radio, a NOAA weather radio*

- Cash  
*Banks and ATMs may not be available after a storm.*

### Important Documents

- Insurance cards
  - Medical records
  - Bank numbers
  - Credit card numbers
  - Copy of social security card
  - Copies of birth and/or marriage certificates
  - Other personal documents
  - Set of car, house, and office keys
- Items should be kept in a water proof container*

- Important phone numbers  
*Maintain a list of important phone numbers including county emergency management office, evacuation sites, doctors, banks, schools, veterinarian, and a number for our of town contact.*

### Pet care items

- Pet food and water
- Proper identification
- Medical records
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications



Not sure what to supplies you need? This is a great checklist that can help you prepare and purchase the essentials!



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**Contact my office:**

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Boca Raton, Florida 33434  
(561) 470-2086

Belle Glade Office

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