

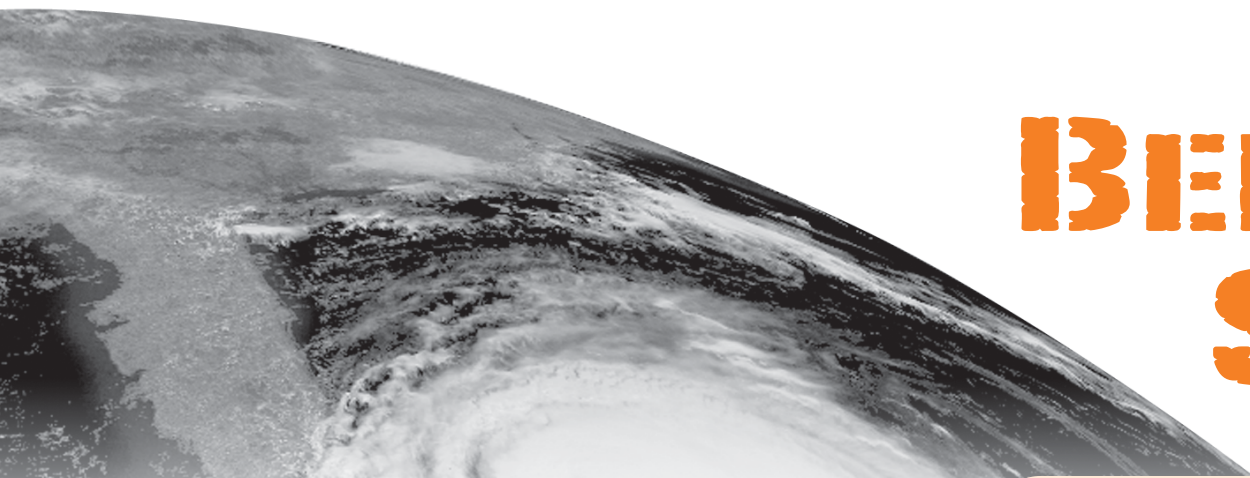


CONNECTION

MOVING TOWARD A WORLD FREE OF MS

2007 Hurricane Edition

South Florida Chapter



BEFORE THE STORM

Storms and MS are unpredictable.

This is why we're here.

The National Multiple Sclerosis Society will be available to answer questions or to help if you need assistance. In the event that our local chapter office closes you can still call 1 800 FIGHT MS (344-4867) and you will be transferred to our Information Resource Center where you can speak to trained counselors for information and support.

You can also check our website, www.nmssfls.org, for updates on status of programs and events. Our National office will maintain the website

2007 HURRICANE NAMES

Names assigned for the 2007 Hurricane Season are:

Andrea	Gabrielle	Melissa	Tanya
Barry	Humberto	Noel	Van
Chantal	Ingrid	Olga	Wendy
Dean	Jerry	Pablo	
Erin	Karen	Rebekah	
Felix	Lorenzo	Sebastien	

CLASSIFICATION OF HURRICANES

Category	Sustained Wind Strength	Damage
One	74-95 miles per hour	
Two	96-110 miles per hour	
Three	111-130 miles per hour	
Four	131-155 miles per hour	
Five	156 miles per hour and above	



National Multiple Sclerosis Society



Dear Friends,

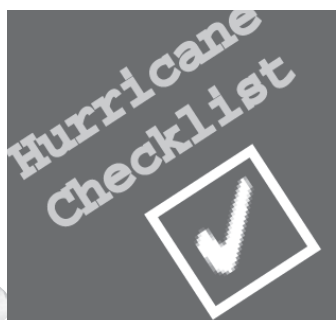
Last year's quiet hurricane season should not give us a false sense of security. Hurricanes can strike fear in anyone. People with disabilities are often better at coping with emergencies than others. Living with MS every day teaches us how to handle the unexpected.

The best way to face a storm is to be prepared for it. With planning, you and your loved ones and caregivers can feel more confident. Being prepared is a process and a state of mind. It starts with accepting responsibility for your own well-being.

"Everyone needs to know what to do before, during and after a hurricane makes landfall." The National MS Society stresses the importance of making a plan and practicing it before an emergency occurs.

We have developed this Hurricane Resource Guide to assist you and your families. Wishing you and yours a safe and healthy Hurricane Season.

Karen Dresbach
President, South Florida Chapter



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Protect and strengthen your home for hurricane season.

It is important to take all the steps necessary to eliminate potential flying objects that can damage your home or other homes in your neighborhood. Free-standing objects (e.g., loose roof tiles) should be removed to prevent them from becoming projectiles when strong winds blow. Ask your neighbors to do the same.

It is also important to follow some general safety tips for protecting and strengthening your home. This includes shielding your windows, doors, garage doors and similar openings to keep winds out of the house and minimize pressure on the



roof. Cover all vulnerable areas with securely fastened shutters, or if feasible, replace them with impact-resistant systems. Doors and windows should also be properly caulked and weather-stripped.

Equally important is to have your house inspected to confirm that the roof structure is properly anchored to the walls, the walls to the foundation and to reinforce any weak connections.

Guidance for Proper Storage of MS Drug Therapies

- Copaxone** 59-86F for 7 days
- Avonex** Pre-filled syringes for 12 hours at room temperature. Powder will last 30 days at room temperature.
- Betaseron** Does not require refrigeration. Store at room temperature.
- Novantrone** Does not require refrigeration. Can be stored at room temperature, 77F or below. Do not freeze.
- Rebif** Store at or below 77F for up to 30 days away from heat and light

The Pharmaceutical companies will honor their commitment to do their utmost to replace medication destroyed or lost due to a hurricane. For Further information contact their numbers on page 8.

Hurricane Terminology

TROPICAL STORM

A tropical system in which the maximum sustained wind ranges from 39 to 78 mph. A tropical storm can produce a lot of rainfall and wind, which can cause some beach erosion and boat damage.

TROPICAL STORM WATCH

An announcement that a tropical storm or tropical storm conditions pose a threat to coastal areas generally within 36 hours.

TROPICAL STORM WARNING

A warning that tropical storm or tropical storm conditions, including sustained winds of 39 to 73 mph, will affect a specific coastal area within 24 hours or less.

HURRICANE

A tropical system with maximum sustained winds of 74 mph or greater. A hurricane is the worst and strongest of all tropical systems.

HURRICANE WATCH

An announcement that hurricane conditions pose a possible threat to coastal areas generally within 36 hours.

HURRICANE WARNING

A warning that hurricane conditions are expected in a specified coastal area within 24 hours or less. This is the time to get ready for severe weather. High winds and coastal flooding will develop many hours before the eye of the storm actually comes onshore.

Developing your Family Plan

Below are some tips to help you and your family create a plan:

1. Safeguard your home. Know your home's vulnerability to storm surge, flooding and wind damage.
2. If you happen to live in an evacuation zone, know where you will evacuate if you need to (i.e. shelter, friend, relative, hotel). Remember, shelters will be open but they should be considered a last resort.
3. If you will be staying home, hurricane shutters are your best defense. Practice installing them (*or make sure you have someone who can help you install them*) before a hurricane approaches.
4. Locate a safe room or safest area(s) in your home. This is usually an interior room on the lowest floor with no windows or exterior walls like closets, bathroom and utility rooms that can provide a second level of protection from airborne debris.
5. Stock your "must-have" supplies in your safe room.
6. Have an out-of-state friend as a family contact so all your family members can have a single point of contact.
7. Make a plan now for what to do with your pets if you need to evacuate.
8. For Special Care Needs, pre-registration is required. Call your Office of Emergency Management for more information.
9. Place valuables, photos and copies of important

papers in waterproof bags and store in a safe place (i.e. safe deposit box) including photos of the interior and exterior of your home, your driver's license, list of medications, important names, addresses, phone numbers (doctors, lawyers, insurance agents, family and friends), account numbers and policy numbers (health, flood, auto and home).

10. Post emergency telephone numbers by your phones and make sure your children know how and when to call 9-1-1.
11. Review your insurance coverage – flood damage is often not covered by homeowner's insurance.
12. Pay Bills before the storm. If you pay bills online or by phone, do it before a hurricane hits, even if they're not yet due. A hurricane could interrupt phone service, causing you to miss payments and incur late charges. If you pay by mail, send payments at least two days before a hurricane strikes. The post office will not pick up mail within 24 hours of a storm. For even greater peace of mind, set up automatic payment plans to ensure that your payments are made on time.
13. Research local gas stations in your area which are prepared with generators for after the storm. Go to: www.sun-sentinel.com/business/custom/consumer.
14. Remember to take the time *now* to work on your family plan.

See Special Needs Shelters on page 4.

Areas of Particular Concern for Individuals with MS

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.
- Contact your city or county government's emergency information management office. Many local offices keep list of people with disabilities so they can be located quickly in a sudden emergency.



- Wear medical alert tags or bracelets to indicate you have multiple sclerosis.
- Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- Arrange for more than one person from your personal support network to check on you in an emergency, so there is at least one back-up if the primary person you rely on cannot.
- If you are vision impaired, deaf or hard of hearing, plan ahead for someone to convey essential emergency information to you if you are unable to use the TV or radio.

- If you use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).
- If you live in an apartment, ask the management to identify and mark accessible exits and access to all areas designated for emergency safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.
- Have a cell phone with an extra battery. If you are unable to get out of a building, you can let someone know where you are and guide them to you. Keep the numbers you may need to call with you in case the 9-1-1 emergency number is overloaded.

If you use a wheelchair/scooter

- Have a manual wheelchair for backup.
- Have an extra battery. A car battery also can be used with a wheelchair but not last as long as a wheelchair's deep-cycle battery.
- Check with your vendor to inquire if there is an available adapter to recharge your wheelchair/scooter battery through your cigarette lighter socket in your car.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Also, label equipment and attach laminated instructions for equipment use.

Assistance for Special Needs

News that a hurricane is approaching South Florida can be trying and stressful. In the time before a disaster occurs, people rush to prepare for the storm. They shutter their homes, stockpile food and water, and if necessary, they evacuate. But how about those individuals who are unable to assist themselves?

The Emergency Evacuation Assistance Program (EEAP) is designed to identify and support members of the community who need assistance evacuating. OEM maintains a registry of those residents who are eligible.

In order to receive assistance residents must register for the program. **If residents call at the last minute, all**

attempts will be made to assist them, but the people on the registry will have priority. The application is available in English, Spanish and Creole. Vital medical information included in the application will help OEM determine eligibility for the program and the types of services needed. If eligible, the participant will be assigned to an appropriate facility. Space at these facilities is limited.



It is also important to note that these shelters offer the same amenities as general population shelters. Evacuees still need to bring their own bedding, food, particularly special dietary needs, and water supplies. These shelters, like the general population shelters, do not allow pets.

If you have to evacuate and you use a manual wheelchair, take the tool kit. For motorized scooters, take the battery-pack charger.

No Person Left Behind

The "No Person Left Behind" program has been established to provide the local EOC's, Police and Fire & Rescue with the numbers, types, needs and locations of people with disabilities prior, during and after a hurricane or disaster. This program has been created under HIPPA guidelines and information is strictly confidential. A phone call notification system allows the registered person to be advised of an impending hurricane and will receive a call after to check on the individual's status. This program does not supersede the local EOC's "Special needs Programs", rather



enhances it when used in conjunction. If you require special needs at a shelter, please also register with your local EOC.

To access the registration form, go to www.nopersonleftbehind.org, fill it out on-line and submit. It's as easy as that. The website also provides a wealth of information and resources for people with disabilities.

SPECIAL NEEDS SHELTERS BY COUNTY

Broward Special Need Shelter and Transportation services are available. Pre-registration is required. (954) 537-2888; (954) 537-2882 TTY. Only service animals permitted.

Collier Special Needs Shelter at Palmetto Ridge High. Must pre-register by calling (239) 774-8000 www.collierem.org/psn_req.htm

Glades Special Needs Shelter will be at the Muse Community Center. Pre-registration required. Call (863) 946-6020.

Hendry Call (863) 612-4700 to pre-register for Special Needs Shelter. Transportation services also available.

Lee Special Needs Shelter and Transportation Services are available. Pre-registration required. Call Lee County Public Safety (Special Needs) at (239) 335-1601 or go to www.leeec.com and click on Special Needs Program to download a registration form.

Martin Call the Office of Emergency Management to pre-register for Special Needs Shelter and Transportation Services. (772) 219-4943

Miami-Dade Special Needs Shelter and Transportation Services. Pre-registration required. (305) 513-7700. No pets permitted. For transportation, contact the Emergency Evacuation Assistance Program (EEAP) at (305) 468-5900.

Monroe Special Needs Shelter is available for category 1 & 2 Storms in The Keys. For categories 3,4 & 5, individuals will be bused to FIU in Miami. Pre-registration required. (305-292-4591.

Okeechobee Special Needs Shelter and Transportation Services are available through the Okeechobee County Department of Health. Pre-registration required. Call Connie Thacker at (863) 462-5779 for information and to pre-register.

Palm Beach Special Care Unit Shelter (SCU) Transportation services are available. Pre-registration is required (561) 712-6400. For transportation only, call Palm Tran Connection. To register call (561) 649-9848. No pets are permitted.



Got Gas?

For an updated list of gas stations with generators in your area, go to:
www.sun-sentinel.com/business/custom/consumer

HURRICANE KIT FOR YOUR PET



Prepare a hurricane kit for your pets to include:

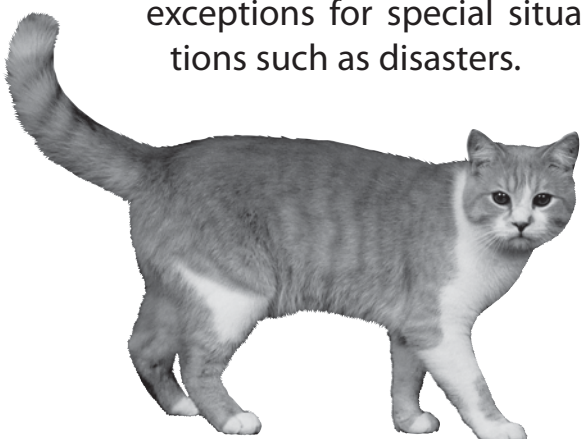
1. Secure pet carriers for cats and small dogs and sturdy leashes/harnesses for larger dogs and appropriate crates or cages for other type pets such as reptiles, birds, etc.
2. Place medications and medical records, including proof of current vaccinations, in a waterproof container.
3. Check and see if your vet provides a laminated card with proof of current vaccinations at each annual visit which can be used at motels and hotels in case evacuation is necessary.
4. A two-week supply of any medication your pet may be taking on a regular basis and familiar food and water. Also, take bowls and a manual can opener.
5. Cat litter/pan, extra litter and a litter scooper.
6. Current photos of your pet(s) in case they get lost. Also, be sure each of your animals have name tags, rabies tags, etc., securely fastened to their collars.
7. Portable pet beds, a familiar blanket, and lots of toys.
8. Keep a collar with identification on your pet and have leash on hand to control your pet.

Having to leave your home because a hurricane is threatening is a very difficult and stressful process. But the decision becomes even more difficult when your family includes a pet you can't imagine leaving behind. There is limited space available for pet shelters and pre-registration is required.

Pet Friendly Hotels

Most public shelters do not allow family pets. Service dogs are the only exception. Check your local listings for pet-friendly hotels and motels. You can also go to: www.petswelcome.com to find out about hotels that accept pets.

Hotels will sometimes make exceptions for special situations such as disasters.



BROWARD COUNTY ANIMAL SHELTER

Broward – You can pre-register your pet at the Humane Society, 2070 Griffin Road Fort Lauderdale (one block west of I-95) weekdays between 9 a.m. and 5p.m. Call (954) 989-3977 or visit www.humanebroward.com for details.
Millenium Middle School
5803 NW 94th Avenue
Tamarac, FL 33321
(954) 989-3977
(must pre-register)

COLLIER PET SHELTER

North Collier Regional Park
15000 Livingston Road
(Dogs and cats only)
Pre-registered animals only, call (239) 530-PETS (7387) or visit www.colliergov.net/pets to fill out pet shelter registration form.

FORT PIERCE PET SHELTERS

Animal Clinic of Ft. Pierce
2508 Okeechobee Rd.
(772) 461-2739
Acacia Animal Clinic
4798 S. US1 - Ft. Pierce
(772) 465-2447
Midway Veterinarian Hospital
3404 W Midway Rd.
(772) 466-6298
Kings Hwy Animal Clinic
3988 N. Kings Hwy.
(772) 465-8884

MIAMI-DADE COUNTY ANIMAL SHELTERS

Miami-Dade County Fair and Exposition, Sunshine Pavilion
10901 S.W. Coral Way
Highland Oaks Middle School,
2375 NE 203rd Street, North Miami Beach
To request an application package call 3-1-1 or 786-331-5354 or visit

Miami-Dade's hurricane preparedness website: prepare.miamidade.gov. You can download an application by going to the following web address: http://animalsmiamidade.gov/hurricane_centers.asp Submitting this application does not guarantee acceptance into the shelter. A tentative acceptance letter will be sent upon receipt and verification of eligibility.

OKEECHOBEE PET SHELTERS

Call individual pet shelters to inquire about their policies.
Mims Veterinary Hospital
275 SW 32nd St.
(772) 763-9200
Okeechobee Veterinary Hospital
(772) 763-2523

PALM BEACH PET SHELTERS

Palm Beach – Animal Care & Control will accept pre-registered pets. Space is limited. This shelter is for animals only. Individuals must drop off their pets 24 hours before landfall and 48 hours after. No aggressive animals are allowed. You can call (561) 233-1266 or go to www.pbc.gov.com/pubsafety/animal for further details.
Palm Beach County maintains two animal shelters.
Animal Shelter (County)
(561) 233-1200
7100 Belvedere Road, WPB
Pahokee Facility (561) 924-5656
State Road 715, Pahokee

STUART PET SHELTERS

Just for Cats - 1318 NW US1
(772) 692-3331
Port Salerno Animal Hospital
4515 SE Dixie Hwy.
(772) 286-3833
All Creatures Animal Hospital
6755 S. Kanner
772) 283-0101
God's Creature Small Animal Clinic
812 Osceola St.
(772) 219-8022
Wampler-Claunch Animal Hospital
665 SW Pine Ave.
(772) 221-1680

Reviewing insurance policies.

Financial recovery from a disaster will largely depend on the insurance you carry. Every year you should review your insurance policies for your residence, car and boat to assure your coverage is sufficient. The policy's instructions will also have some impact on what you will do after a hurricane. There may be helpful advice, as well as specific rules you will need to follow to make your claims.

Windstorm: Make sure that your policy covers windstorms. Some home owners and renters policies may not.

Flood insurance: The National Flood Insurance Program is the only underwriter for flood damage to real property or personal effects. You will need to have a separate flood insurance policy written in addition to your homeowners or renters policy. Be advised that there is a 30-day waiting period to get flood insurance, so you'll have to secure the policy in advance of the hurricane season. Your insurance carrier can do this for you, or you

can call the National Flood Insurance Program directly at (800) 638-6620.

Replacement coverage: As soon as you purchase an item and take it home it begins to depreciate, this includes appliances, computers, sound equipment and other major purchases. When you make an insurance claim, your adjuster will count the depreciation on the item and you may not get the amount you will need to replace the item. Make sure that your personal belongings have replacement coverage that will give you market price for the item in order to replace it.

Deductibles: Review your policy for deductibles and other exclusions so you know what you can expect to have to pay for out of pocket. Some federal disaster loan programs may be available to cover deductibles.

Temporary living expenses: Renters and homeowners should take out

policies that will provide them funds for temporary living expenses (or loss of use), which you may need if your residence becomes inhabitable.

Before and after photos: Before a storm hits, take photos, take photos of your residence both inside and out. Make sure you get clear photos of each room of the house that show the appliances and furniture in each. Take photos of your personal belongings that may require special insurance coverage. Make two copies of the pictures, one for you and one for the insurance adjuster. Once the storm has passed, take the same series of pictures.



Shelters – The Last Resort

OPTION A

Stay at home. If your home can withstand the expected winds, is away from the coast and not in a flood prone area consider staying at home. Newer homes are constructed to withstand 110 mph winds. Homes built after March 1, 2002 must meet even more stringent wind requirements.

OPTION B

Stay with a relative or friend or in a hotel outside the evacuation area. If you expect to stay at someone else's home or a hotel, make advance arrangements. If staying at a friend or relative's home, be certain it is adequately prepared and is located in a safe area. Consider where you will go if the friend or relative is out of town.

OPTION C

Relocate out of the area. Emergency Management officials have developed hurricane sheltering and evacuation policies. Officials will issue local statements to inform you of recommended evacuation routes. Because you may have to

travel considerable distances on unfamiliar roads, include a current road map as a part of your disaster supply kit. Know where you are going and plan, not only the best route, but alternate routes also. If possible, leave early to avoid heavy traffic, possible flooding and high winds. If you wait until the

Hurricane Warning to leave, you will find hotel rooms extremely scarce throughout Florida. Take into consideration, what you are capable of doing and your limitations. Check with you doctor for advice on needed accommodations.

OPTION D

Public shelters. A Public shelter should be your last option and used only if you have no other safe place to go. Local radio and television will announce which shelters will be open and opening times. Do not report to a shelter until it is open. Familiarize yourself and family with the locations and routes from your home to the shelters. Do not wait until the last minute, if an evacuation order is given, move quickly but without panic.



Photograph by Barbara Butler

Hurricane Preparedness Check List

The kit should have 3 to 7-day supply of the following items:

THE BASICS:

- Drinking water (1 gallon per person per day)
- Full tank of gas in your vehicle
- Manual can opener
- Nonperishable foods*
- Canned meat, fish, fruit, or vegetables
- Bread in moisture proof packaging
- Cookies, candy or dried fruit
- Canned soups & nonperishable milk
- Powdered or single serve drinks
- Cereal or granola bars
- Packaged ketchup, mustard or mayonnaise
- Peanut butter and jelly
- Instant tea or coffee
- Flashlight (1 per person)*
- Portable battery powered lanterns
- Large trash bags
- Battery operated radio*
- Extra batteries, including hearing aid batteries
- First aid kit including aspirin, antibiotic cream
- Mosquito repellent
- Sunscreen (45 SPF recommended)
- Waterproof matches / butane lighter
- Cash*
- Unscented bleach or water purification tablets (add 8 drops of bleach per gal.)
- Maps of the area with landmarks on it (i.e. hospitals, shelters, etc.)
- Disinfectant
- Fully charged cellular phone with extra battery and a traditional (not cordless) telephone set
- Toys, books, board games

COOKING:

- Sterno fuel
- Portable camp stove or grill w/ utensils
- Stove fuel, charcoal w/ lighter fluid or propane
- Disposable eating utensils, plates, cups
- Napkins and paper towels
- Aluminum foil
- Oven mitts

PERSONAL SUPPLIES:

- Feminine hygiene products
- Toilet paper
- Entertainment: books, games, toys and magazines*
- Bedding: pillows, sleeping bag*
- Change of clothing*
- Rain ponchos and work gloves
- Liquid soap
- Hand sanitizer
- Baby wipes

MEDICAL SUPPLIES

- All prescription medicines (1 month supply and copy of prescriptions)*
- Your complete list of prescription drugs, with name, strength, and prescription number, plus pharmacy name, address and phone number.

- Cooler for medications
- Cooling vest
- Battery operated fan (large)
- Extra eyeglasses or contact lenses
- Extra wheelchair batteries (fully charged)
- All assistive devices (wheelchair/scooter, cane, walker, etc.) labeled with your name and contact information
- If applicable, be aware of the address and telephone number of your Tysabri infusion center as well as your next appointment date.

IMPORTANT DOCUMENTS*:

(keep in waterproof container)

- Insurance documents including Medical insurance and Medicare cards
- A list of all your important contacts (family, doctors, insurance agents)
- Banking information
- Leases / mortgage
- Proof of occupancy (such as utility bill)*
- Photo inventory of your personal belongings*
- Your list of contacts. Include names and phone numbers of your health-care providers, family members, support network members
- Names and model numbers of any assistive devices
- Phone numbers of key services, including your local emergency management agency; ambulance service; telephone and utility repair; electrician; plumber; building manager, superintendent, or landlord; and your Society chapter
- List allergies and sensitivities; communicative or cognitive difficulties

BABIES:

- Disposable diapers*
- Formula, food and medication*
- Bottles and feeding utensils

PET SUPPLIES:

- Dry and/or canned food
- ID tags and collars
- Proof of recent immunizations
- Water (1/2 gallon per day)
- Litter box and supplies
- Carrying container

OTHER NECESSITIES:

- Tool Box
- ABC rated fire extinguisher
- Masking tape or duct tape
- Outdoor extension cords
- Spray paint
- Standard single line phone (After hurricanes, many people still have service, but no phone)
- Local phone book
- Roofing tarps or plastic sheeting
- Rope or heavy cord (100 ft.)

*If you are planning to evacuate to an American Red Cross Evacuation Center, please be sure to take these items.

IMPORTANT PHONE NUMBERS AND ADDITIONAL WEBSITES FOR INFORMATION:

Emergency 911

My Pharmacy Number

My Doctor's Number

Family Member Outside of Florida

Army Corps of Engineers (888) 766-3258
(Blue Roof Program) (800) ROOF BLU

EPA's State Drinking Water Hotline (800) 963-5337

Federal Emergency Management-FEMA
(800) 621-3362, 621-FEMA
(800) 462-7585 TTY
www.fema.org

Florida Department of Insurance (800) 342-2762

Florida Division of Emergency Mgt. (850) 413-9900
www.floridadisaster.org

National Council on Disability (202) 293-5960
(202) 293-5968 TTY
www.ncd.gov

National Multiple Sclerosis Society
(954) 731-4224 or 1 800 FIGHT MS (344-4867)
www.nmssfls.org (South Florida Chapter)
www.nationalmssociety.org (Nationwide)

National Flood Insurance Program (800) 638-6620
(800) 447-9487 TTY
www.fema.gov/business/nfip or www.floodsmart.gov

National Hurricane Center (305) 229-4483
www.nhc.noaa.gov

Price Gouging Hotline 866-9-NO-SCAM
(800) 435-7352

Attorney General's Price Gouging (800) 646-0444

South Florida Water Management (800) 544-2323
www.sfwmd.gov

State of Florida Emergency Information 24-Hour Hotline (FEIL) (800) 342-3557

Department of Financial Services Insurance Claim Hotline (800) 22 STORM (800-227-8676)

UTILITIES:

FPL (800) 4OUTAGE (468-8243)
(800) 251-5325 TTY
www.fpl.com

BellSouth (888) 757-6500
(800) 251-5325 TTY
www.bellsouth.com

Comcast (800) 266-2278
www.comcast.com

Direct TV (800) 494-4388
(800) 779-4388 TTY www.directv.com

Dish Network (888) 284-7116 www.dishnetwork.com

TECO/People Gas (877) 832-6747 (813) 228-4613 TTY
www.peoplesgas.com

ADDITIONAL WEBSITES

Advocacy Center for Persons with Disabilities
www.advocacycenter.org

Agency for Persons with Disabilities
http://apd.myflorida.com

American Red Cross www.redcross.org

The Access Board www.access-board.gov

National Organization on Disability
www.nod.org/emergency

Prepare.org www.prepare.org

American Association for People with Disabilities
www.aapd.com

American Foundation for the Blind www.afb.org

National Organization on Disability
www.nod.org/emergency

Occupational Safety and Health Administration
www.osha.gov/dep/evacmatrix/index.html

Weather Channel www.weather.com

Federal Government Information for people with Disabilities www.disabilityinfo.gov

MS RESOURCES

EMERGENCY SUPPLIES

Evacuation chairs – devices to take a person with limited mobility safely down stairs

Evac+Chair www.evac-chair.com

Evacu-Trac www.evacutrac.com

AOK Rescue Chairs www.rescuechair.com

Scalamobil portable stair climber
www.frankmobility.com/scalamobil.htm

LifeSlider – a toboggan-like device www.lifeslider.com

Baronmead Wheelchair Carrier www.baronmead.com

Fire-resistant blankets www.disaster necessities.com
www.saveguard.com

Personal alert systems www.lifefone.com
www.monitoringcare.com www.americanmedicalarms.com

Medical ID bracelets – Most of these are simple jewelry that can be engraved with a warning (“allergic to penicillin”, for example). Others are comprehensive systems that involve membership and a medical database.

www.medicalalert.org
www.medicalmedallion.com
www.medids.com/idbracelet.html
www.americanmedical-id.com
www.911med411.com

PHARMACEUTICAL COMPANIES

Avonex & Tysabri
(800) 456-2255

Betaseron (888) BERLEX4 (888) 237-5394

Copaxone (800) 887-8100

Novantrone (877) 447-3243

Rebif (877) 44-REBIF (1-877-447-3243)

BROWARD COUNTY

Office of Emergency Management (954) 831-3900
(954) 831-3940 TTY

www.broward.org/disaster, tcarper@broward.org

Sheriff's Office (non-emergency) (954) 765-4321

American Red Cross (954) 763-9900
(954) 797-3800

Salvation Army (954) 254-6991

SHELTER INFO:

Special Needs (954) 537-2888
(must be pre-registered), (954) 537-2882 TTY

Pet Friendly (954) 989-3977 (must be pre-registered)

Animal Care (954) 359-1313

Humane Society (954) 266-6871

UTILITIES:

FPL (954) 797-5000

BellSouth (888) 757-6500

Comcast (954) 252-1937

Advanced Communications (954) 753- 0100

Tele-Media Company (814) 359-3481

COLLIER COUNTY

Office of Emergency Management

(239) 774-8000/8445

www.collierem.org

American Red Cross (239) 596-6868

Salvation Army (239) 775-9447

www.salvationarmynaples.org

Collier Sheriff's Department (239) 774-4434

Collier County Domestic Animal Services

(239) 530-PETS (7387)

UTILITIES:

FPL (800) 468-8243

Comcast (239) 793-3577

Time Warner (239) 598-1104

Lee County Electric (800) 599-2356

EMBARQ (800) 339-1811

GLADES

Office of Emergency Management

(863) 675-5255 or (863) 983-1594

gcem@gate.net

American Red Cross (561) 992-9703

(561) 833-7711 (for Disaster Emergencies)

Salvation Army (863) 983-2707

Glades County Sheriff's Office (863) 946-0100

Special Needs Shelters

Call Office of Emergency Management

UTILITIES:

Glades Electric Co-op

(863) 946-0061 or (800) 226-4024

Glades Utility Service (863) 496-1442

HENDRY

Office of Emergency Management 863-612-4700

tkochheiser@hendryfla.net

www.hendryclerk.org/storm.htm

Hurricane Information Hotline 211

American Red Cross (888) 237-7408

Salvation Army (863) 983-2707

Hendry County Sheriff's Office

(863) 675-4060 - West

(863) 983-1440 - East

Special Needs Shelter (863) 612-4700

(pre-registration with Office of Emergency Management is required)

UTILITIES:

FPL (800) 40OUTAGE

Glades Electric Co-op (800) 226-4024

Lee County Electric Co-op (239) 656-2300

Embarq (formerly Sprint) (888) 723-8010 Support

(800) 788-3600 Repair

LEE COUNTY

Office of Emergency Management

Fort Myers (239) 477-3600

www.leeecoc.com

Cape Coral (239) 573-3022

Lee County Emergency Medical Services

(239) 335-1600

Emergency Information for People with Disabilities

www.nopersonleftbehind.com

United Way Storm Info Hotline 211

(no cell phone capability)

(239) 433-3900

American Red Cross (239) 278-3401

chapter@arclcc.org

www.arclcc.org

Salvation Army (239) 278-1551

Lee County Department of Human Services

(239) 533-7930

<http://dhs.lee-county.com/default.htm>

Lee County Mosquito Control (239) 694-2174

<http://www.lcmcd.org/>

Humane Society of Lee County (239) 332-0364

www.humanesociety-leecounty.org

Lee County Animal Services (239) 432-2083

animalservices@leegov.com

www.leelostpets.com

Lee County Public Safety (Special Needs)

(239) 477-3640 (pre-registration required)

Lee County Sheriff's Office (239) 477-1000

www.sherifflee.org/

Cape Coral Police Department

(239) 574-3223 (non-emergency)

UTILITIES:

Lee County Electric Cooperative (239) 656-2300,

(800) 599-2356 (239) 995-2121, (800) 995-2121

(After hours, emergency) www.lcec.net

Lee County Utilities (239) 936-0247

Comcast (239) 277-5679

MARTIN COUNTY

Office of Emergency Management (772) 219-4943
kholman@martin.fl.us; jkammel@martin.fl.us
www.martin.fl.us/GOVT/depts/esd/EMA

Martin County Emergency Services Dept.
(772) 288-5693

Martin County Emergency Operations Center
(772) 287-1652

Information & Crisis Services 211

American Red Cross (772) 287-2018, (772) 287-2002

Salvation Army (772) 288-1471
www.salvationarmystuart.org

Martin County Sheriff's Office
(772) 220-7000

Suspicious (non-emergency) concerns
(772) 220-7071

Neighborhood Watch (772) 220-7011

Martin County Emergency Radio
WQCS 88.9 FM
WSTU 1450 AM (Operated from Emergency Operations Center)
WJWX 1330 AM (Operated from Emergency Operations Center)

Humane Society (772) 287-5753

Martin Memorial Hospital North: (772) 287-5200;
Emergency Room: (772) 223-5995
South: (772) 223-5721;
Emergency Room: (772) 223-5708 (772) 223-5708 TTY

MIAMI-DADE COUNTY

Office of Emergency Management (305) 468-5400
www.miamidade.gov/oem
eoc@miamidade.gov

Emergency Management Answer Center
(305) 468-5900

Hurricane Center Hotline 311 (TTY line (305) 468-5402)

American Red Cross (305) 644-1200

Salvation Army (305) 637-6700
www.salvation-armysouth.org/FLA

Miami-Dade Animal Care and Control
(305) 884-1101
www.miamidade.gov/csd

Humane Society of Miami (305) 696-0800
www.humanesociety.org

SHELTER INFO:

Special Needs (305) 513-7700

Animal Care 311 or 786-331-5354

Emergency Evacuation Assistance Program
(305) 468-5400

Report Price Gouging (305) 375-3677 (305) 375-4177 TTY
www.miamidade.gov/csd

Miami Dade Building Code Compliance
(305) 375-2901
www.miamidade.gov/buildingcode

Disability Services
Special Transportation Services (STS)
(305) 630-5300 (305) 263-5475 TTY
www.miamidade.gov/transit/paratransit

Florida Relay Service 711
(800) 955-8770, (800) 955-8771 TTY
www.ftri.org/floridarelay

UTILITIES:

FPL (800) 4OUTAGE, (800) 468-8243 (800) 251-5325 TTY
www.fpl.com

BellSouth (888) 757-6500, (305) 780-2273 TTY
www.bellsouth.com

Comcast (800) 266-2278
www.comcast.com

TECO/People Gas (877) 832-6747 (813) 228-4613 TTY
www.peoplesgas.com

MONROE COUNTY

Office of Emergency Management (305) 289-6010 or
(305) 289-6004 toner-irene@monroecounty-fl.gov

American Red Cross (305) 852-9612

Salvation Army (305) 294-5611

Emergency Hotline (800) 955-5504

SHELTER INFO:

Special Needs (305) 292-4591

Florida Keys Aqueduct Authority
(305) 296-2454 – Lower Keys
(305) 289-6161 – Middle Keys
(305) 853-1999 – Upper Keys

Florida Keys Electric Co-op
(305) 743-5344, (305) 852-2431

Keys Energy Services (305) 295-1000;

Power Outages (305) 295-1010

OKEECHOBEE COUNTY

Office of Emergency Management (863) 763-3212
Okeeeoc@okeechobee.com
http://home.okeechobee.com

American Red Cross (863) 763-2488
(561) 833-7711 (for Disaster Emergencies)

Salvation Army (863) 763-6020

Okeechobee County Sheriff's Office (863) 763-3117

Okeechobee County Health Department (863) 462-5819

Medical Needs Shelter 728 N.W. 9th Ave. (Call Health Department to pre-register)

UTILITIES:

Glades Electric Co-op (800) 226-4023 (863) 467-5111

PALM BEACH COUNTY

Office of Emergency Management (561) 712-6400
ctear@psd.co.palm-beach.fl.us

American Red Cross (561) 833-7711

Salvation Army (561) 686-3530

SHELTER INFO:

Special Needs (561) 712-6400(must pre-register)

Pet Friendly (561) 233-1266 (must pre-register)

Palm Beach Animal Care and Control (561) 233-1200

Sheriff (non-emergency) (561) 688-3000

Consumer Affairs (561) 712-6600

Consumer Assistance (800) 227-8676

FPL (561) 697-8000

Palm Tran (561) 841-4200

Price Gouging (866) 966-7226

DURING THE STORM



- Remain calm.
- Continue to watch local news or listen to the radio for weather coverage and updates when power is restored..
- Go indoors and stay indoors until the storm has passed.

Some people think the storm has passed, but it is actually just the eye of the storm.

- Turn off circuit breakers before the power goes. Leave one circuit breaker on with a lamp so you will know when the power restored.
- Use flashlights, not candles or kerosene lamps, during a storm.
- Stay in your safe room even if you hear breaking glass. Do not risk exposure to hurricane winds.
- Place animals in carriers.
- If your house starts to break apart, cover yourself with a mattress. If your safe room is a bathroom with a bathtub, get in the tub under a mattress.
- Use the phone only for urgent calls. Don't use the phone if you hear thunder.
- If you are in a very tall building, avoid the top floors, as wind speeds are stronger the higher you go. Go to a safe room and use extreme caution.

AFTER THE STORM

Safety is never more important than after a storm.

Statistics show that more injuries occur immediately following a hurricane than during the storm itself. Residents must be extremely cautious when venturing outdoors and be on the lookout for downed power lines and debris. Driving is often highly hazardous due to nonworking traffic signals and downed signs. Crews will be out on the streets to begin the clean up as soon as it is safe. But residents are asked to stay off the streets as much as possible for their own safety and to allow work crews to work as efficiently as possible. It's also important to remember that improperly installed generators are dangerous - see the Generator Safety article for information on proper use.



aster relief agencies. This can add to the stress you may be feeling. A personal support network that knows your needs may anticipate some of them and make your recovery easier and less stressful.

GENERATOR SAFETY

In the event of power outages, generators can make life much more comfortable during the days following a major storm.

Along with the increase in generator sales, there are elevated generator-related emergencies such as Carbon Monoxide (CO) poisoning, structure fires from generator explosions, burns and other injuries. Most of these emergencies are preventable.

After a disaster, you may need to ask for help doing things you usually would have done independently. Understandably, this may make you feel especially vulnerable. You may need help putting you home back in order, filling out forms, or providing documentation and information to dis-

When operating a generator, keep the following in mind:

- All gas-powered engines emit Carbon Monoxide, a colorless, odorless gas that can build up to fatally toxic levels in the environment. Generators must only be operated outside of inhabited structures in a well-ventilated area and should never be placed anywhere near windows, doors, vents or other openings.
- If you're going to spend hundreds or even thousands of dollars on a

Statistics show that more injuries occur immediately following a hurricane than during the storm itself.

generator, pitch in the extra twenty or thirty dollars for a CO detector. That's a small cost for the life safety benefit.

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- Never operate a generator on the balcony of a multi-unit structure. The boundaries of most balconies force you to place the generator too close to your own living areas as well as those of your neighbors.
- Never attempt to refuel a generator while it is running or still hot. Turn it off and allow it to cool before adding fuel. Take extreme care not to spill fuel onto the generator or the surrounding area.
- Read your generator's manual very carefully. Follow all directions and pay close attention to the electrical load rating. Never overload the generator.
- Never attempt to connect a portable generator to the main electrical



panel in your home. Not only is this very dangerous for occupants, it is also fatally dangerous for electrical workers who are trying to restore power.

Tips for Storing Generators

- Store in a dry, well ventilated area with the fuel tank empty.
- Clean thoroughly before storing. Remove traces of oil, dirt and other foreign matter.
- Do not store near fuel supplies.
- Do not store near appliances such as water heaters or pumps, especially if they are gas-powered.
- When you pull your generator out after any storage period, remember to inspect it carefully for broken or missing parts.

South Florida grocery stores have been preparing for hurricane season with back-up generators to get them back to business as usual during power outages.

TEXT MESSAGE TIP

After a storm, there is limited communication on cell phones because of fallen satellite towers. A quick and easy alternative to talking on your cell phones is text messaging. Text messaging functionality runs on a different frequency range than regular voice frequency. Check with your cellular phone service provider about this feature. If you are unfamiliar with text messaging, have a friend or family member give you a tutorial. (Teenagers are experts.)



**National
Multiple Sclerosis
Society**

National Multiple Sclerosis Society
South Florida Chapter
3201 West Commercial Blvd. Suite 127
Fort Lauderdale, FL 33309

Free Matter For
The Blind And
Handicapped