



American Red Cross
Louisiana Region

INFORMATION FOR DISASTER RECOVERY

If you need further assistance, call Red Cross to make an appointment to see a Disaster Caseworker. If you need assistance in replacing destroyed documents and papers, your Red Cross Disaster Caseworker can advise you on procedures.

Recovery and Casework Email: LouisianaRecovery@redcross.org

Recovery and Casework Phone Number: (504) 407 -5848

Please leave a voicemail and someone will get back to you within 24 hours

Website for The American Red Cross - Louisiana Region

<https://www.redcross.org/local/louisiana.html>

Red Cross can assist you with:

Lodging | Clothing | Food

Other emergency disaster-related needs

The One Time Financial Assistance You May Qualify for from The American Red Cross Is An Outright Gift. It Is Not A Loan.

We hope the following information will be helpful to your recovery.

Before you enter any building after an emergency, be sure it is safe and will not collapse when you enter. After you are inside, open as many doors and windows as you can for the removal of moisture, odors and any gas that might be present. Be careful about smoking or using an open flame until you are sure that gas is not present.

If you enter a damaged building at night, make sure there is adequate lighting so that you do not hurt yourself or cause further damage to the property.

It would be best if you could have an electrician or power company representative to work with you and advise you on wiring and equipment needs. Of course, it is best to have an electrician do the testing and make repairs unless the emergency demands that you do it.

If there is a chance that gas lines have been broken, turn off the gas at the meter before wiring on the premises.

SAFETY PRECAUTIONS

Whether you own or rent, the first thing to do after a disaster is to protect yourself from additional losses. If you cannot move back into the damaged quarters, remove any valuables if possible. Protect any salvageable items from further damage from weather or theft.

PROTECTION

If you own the property, board up windows and smashed doors, or contact a company that specializes in this service. If you are renting, the owner should do this for you. The owner can be held liable for injuries caused by broken glass or unsafe conditions.

**OWNERS &
RENTER**

If you are insured, notify your insurance agent as soon as possible. Some insurance policies require notice within 24 hours of the incident. They can give you advice on boarding up. Also, it helps to make a complete list of your losses. This will help the insurance adjuster.

INSURANCE

Attempt to recover important papers; notify school if children are involved; notify Post Office to hold mail until change of address is available; cancel all deliveries, e.g. milk and newspaper.

REMINDERS

**TAX
DEDUCTIONS**

If you are not insured, or if the insurance will not cover all your losses, your losses may reduce your Federal Income Tax liability. It will be essential that you keep an accurate list of your disaster-related expenses and disaster losses. For further tax information, contact the local office of the Internal Revenue Service (listed in your telephone book), or your state's Department of Revenue.

<http://revenue.louisiana.gov/>

**BIRTH, MARRIAGE, DIVORCE
AND DEATH CERTIFICATES**

Copies of birth certificates, marriage certificates, divorce decrees, and death certificates are available at the following address if the certificates were issued in Utah:

Louisiana Vital Statistics
<http://www.ldh.la.gov/index.cfm/subhome/21>
Customer Service Number:
504.593.5100

If any of the certificates were issued outside the state of Louisiana, contact the Vital Statistics office of the county in which it was issued, or write to the Vital Statistics office in the capital city of the state in which it was issued.

DESTROYED CURRENCY

Non-Mutilated: If the currency note in your possession is **CLEARLY MORE** than one-half of the original note, contact your local bank to redeem, as it does not need any special examination to determine its value.

Mutilated: If the currency note in your possession is **NOT CLEARLY** more than one-half of the original bill, and/or is in such condition that the value is questionable and special examination is required to determine its value for replacement, it may be mailed or personally delivered to the Bureau of Engraving and Printing. When it is submitted, a letter should be included stating the estimated value of the currency and an explanation of how the currency became mutilated. Standard claims can take up to 6 months to 36 months to process depending on the condition of the currency.

Bureau of Engraving & Printing
MCD/OFM, Room 344A
P.O. Box 37048
Washington, DC 20013
866-575-2361 (toll-free)

In case of lost, destroyed, mutilated US Savings Bond, you can request a substitute electronic savings bond. The following website will provide you with the form that needs to be completed, instructions, and the address to which it needs to be sent.

https://www.treasurydirect.gov/indiv/research/indepth/ebonds/res_e_bonds_eereplace.htm

DESTROYED
SAVINGS
BONDS

For copies of destroyed military papers, veterans should contact the Veterans Administration, call 1-800-827-1000 (toll-free) or visit <http://www.archives.gov/veterans/>. Your local Red Cross Disaster Caseworker can also offer a great deal of assistance in this area.

MILITARY
PAPERS

If your Social Security card, Medicare Card, or Social Security check was destroyed, contact your nearest Social Security office as soon as possible. It will be easier and quicker if you know your Social Security number, but it is alright if you do not. Call toll-free 1-800-772-1213 or visit www.ssa.gov.

SOCIAL SECURITY,
MEDICARE,
MEDICAID

To replace a lost Medicaid Member Card in Louisiana You may call the LaCHIP hotline at 1-877-252-2447 and choose the "Replace Medicaid Card" option and provide the information required to obtain a replacement Medicaid card through the automated system.

If you cannot find your checkbook, blank checks, or savings account book after the disaster, notify your bank immediately. Ask them to close your accounts and transfer the funds to new account numbers. You'll have to give them an address where they can mail your new checks or savings book, or you will have to make arrangements to stop at the bank to pick them up. It is important to notify the bank as quickly as possible.

The same goes for credit cards and debit/ATM cards. Call the issuer (credit card company; bank or credit union for debit and ATM cards) immediately and follow the guidance they are providing you (could be closing the account and issuing a new card).

CHECKBOOKS,
CREDIT CARDS,
DEBIT CARDS

You must report the lost certificate. Any stock broker has the form. You must show evidence of the purchase. The broker from whom you bought the stock would have such evidence. You will have to post a surety bond. Replacement could happen in as little as two weeks.

STOCK
CERTIFICATES

To remove smoke odor or soot from washable clothing (except those which should not be bleached) try this formula:
4 to 6 cups tri-sodium phosphate (Spic and Span)
1 cup Lysol (or household chlorine bleach)
1 gallon water
Rinse with clear water and dry thoroughly. The formula can also be used for walls, furniture or floors.

SMOKE
ODOR

Shake and brush to remove surface dirt. Use manufacturer's directions, if available. Otherwise, soak blanket without agitation in lukewarm detergent suds for 15 minutes. Turn it two or three times by hand during soak period. Spin until water is drained off. If necessary, soak again in clean suds water. Rinse two or three times in lukewarm water. Soak each time for 5 minutes, turning once or twice by hand. Extract water each time as described above. Hang blankets over two parallel lines, or dry in a pre-heated dryer with 5 or 6 bath towels. Mix hot towels into blankets and dry 15 to 18 minutes. Remove blankets while still damp. Hang over 2 lines to finish drying.

ELECTRIC BLANKETS: Use manufacturer's directions, if possible. Cover plug with heavy cloth. Follow washing directions above. Do not dry in dryer unless manufacturer's directions specify. Squeeze down length of blanket and hang over 2 lines to dry.

BLANKETS

Feather: Brush off surface dirt. If pillow is not badly soiled, wash ticking and feathers together. To circulate water through pillows, open 2 opposite seams of ticking 2 inches, turn edges in and fasten with safety pins. Wash pillows in machine by hand in warm suds 15 to 20 minutes, not more than 2 at a time. Rinse at least 3 times in clear, warm water. Spin off water or gently squeeze out as much water as possible. Dry in automatic dryer at a moderate heat setting, or in warm room with fan to move air.

Fiberfill: Brush off surface dirt. Wash by hand in warm water and low sudsing detergent. Flush water through pillow by compressing it. Change water if necessary. Twisting and wringing will tear filling. Rinse three times in clear, warm water. Put in automatic machine and spin off water; dry in tumbler-type dryer. Or, press out as much water as possible by hand and hang on line outdoors to dry. Change hanging position from time to time.

Foam Rubber: Remove cover; brush off surface dirt. Follow manufacturer's directions, if available. Otherwise, soak in cool water, then wash in warm suds by hand or in machine with gentle agitation. Rinse well. Gently squeeze or spin out excess water; blot with towels. Dry away from heat. Do not dry in dryer even though air drying is very slow. Wash and iron cover; do not replace until pillow is completely dry.

PILLOWS

A good innerspring mattress probably can be renovated by a company that builds and repairs mattresses. Reconditioning a mattress is too difficult to do at home. If mattress must be used temporarily, scrape off the surface dirt and expose the mattress to sunlight to dry as much as possible.

MATRESSES

Wash lightweight quilts as blankets. If possible, dry outdoors in sun to remove the unpleasant odors. Thick comforters may need to be taken apart and the cover and filling washed separately.

QUILTS

Brush off loose dirt. Rinse mud-stained fabrics in cold water. Wash in warm sudsy water, changing it as often as necessary. Hot suds will get out stains caused by red and yellow clay. Rinse well. Try bleaching white cottons and linens with chlorine bleach in later washings. Do not over-bleach water-stained fabrics. Sun-drying may aid in bleaching. Do not use chlorine bleaches on colored fabrics unless you know they are color-fast.

SHEETS, TOWELS, TABLE LINENS

Dry cleaners have chemicals to treat soot and water damage, and smoke odors. Get the clothing to the cleaner as soon as possible. If you are delayed, if possible, remove shoulder pads or trimmings that might bleed. Then soak for a short period in cold water with a small amount of synthetic detergent. Do not soak too long. Rinse in cold water, gently squeeze out water, shake to avoid wrinkling, and fasten to a hanger to dry completely in cold air. Then shake or brush off as much dirt as possible

DRY CLEANING

If washable clothes are wet or damp, wash them immediately to avoid mildew. To remove mildew, wash the fresh stains with soap and water, rinse well and dry. If stain remains, use lemon juice and salt. Test colored garments before using. If soot, mildew, or smoke odor remains, but you think the clothing still might be saved, try a professional Laundromat.

WASHABLE CLOTHING

If the rug has been soaked or soiled, let it dry out thoroughly. Then clean by beating, sweeping, or using a vacuum cleaner. If necessary, clean with a commercial rug cleaner, using carpet shampoo, and following the directions of the machine. Alternatively, you can use the following solution: 2 tablespoons dish detergent with one cup water, beat 1/4 cup at a time with eggbeater. If applying the home-made solution, apply with soft brush, using circular motion. Wipe with soft cloth dampened in lukewarm water. Use as little water as possible. Use towels or other absorbent material to blot up moisture. Clean one small area at a time. Continue until the whole rug is done. Following either cleaning method, dry the rugs as quickly as possible. Leave large rugs on the floor or spread them on a porch. A fan will help speed the drying. Make sure the rug is thoroughly dry; any moisture at the base of the rug will quickly rot the tufts, causing the rug to fall apart.

CLEANING RUGS

When the floors are buckling badly, take up trim board; then remove one board along each edge of the floor. As soon as the floor starts to dry, the wood will shrink, and pressure will decrease.

WOOD FLOORS

Painted Walls: To clean painted walls, use a mild soap or synthetic detergent in a bucket of warm water. Work from the bottom to the top, then side to side across the entire wall to prevent streaking.

WALLS, PAINTED & WALLPAPER

Wallpapered Walls: Using a commercially prepared paste, re-paste edges or sections of loosened wallpaper. To clean uncoated wallpaper that would otherwise be damaged by water, use a purchased putty-like cleaner called "wallpaper dough," which can be found at paint stores and home centers. Clean washable wallpaper the same as a painted wall, working quickly so paper does not become soaked.

Locks, especially those with iron parts, should be taken apart, dried, wiped with kerosene, and oiled. If it is not feasible to remove them, squirt in a little machine oil through the bolt opening or the keyhole and work the knobs to distribute the oil. Do not oil excessively; the oil will run into the wood on the door and make later painting difficult. Cleaning and oiling usually will put hinges in order.

LOCKS, HINGES

Using electrical appliances that have been wet and smoke damaged before they are properly cleaned may cause damage to the appliances. Do not operate washers, refrigerators or other large equipment, even though power is available, until they are checked by competent servicemen. If possible, have all large equipment examined by manufacturer's authorized dealers, who have the best information on inspection and servicing. Some manufacturers supply new servicing kits at reasonable costs. Take small appliances, such as toasters and mixers, to dealers handling your make. They are in the best position to help and advise you. In some instances, manufacturers may make special arrangements for replacing or restoring disaster-damaged equipment.

ELECTRICAL APPLIANCES

Dry the furniture quickly to prevent mildew and rotting. Brush off as much dirt as possible. If necessary, shampoo the upholstery. Shampooing: If not using a commercial upholstery shampoo, use stiff suds of 1/4 cup sudsing detergent powder (not liquid) and 1-quart hot water. Apply suds (not water) with a sponge or soft brush. Work on a small section at a time and overlap sections. Remove foam with a sponge or cloth wrung from clear water. Blot sections with a clean, dry towel. Repeat on other sections. Change shampoo solution as it becomes dirty. Brush pile fabric in one direction. When fabric is completely dry, vacuum or brush it to remove any shampoo residue. If upholstery is mildewed, brush to remove as much as possible. Wipe with a cloth wrung from a solution of 1 cup denatured alcohol and 1 cup water. To remove mildew in padding, have the piece of furniture thoroughly dried and fumigated in a fumigating plant.

UPHOLSTERED FURNITURE

Take all wood furniture outdoors and remove as many drawers, slides, and working parts as possible. Do not force drawers from the front with a screwdriver or chisel. If necessary, remove the back of the piece by cutting it out, and push out the drawers. Clean off dirt, using a hose stream if necessary. Wash surfaces with a cloth wrung from warm mild suds. Wipe with a cloth wrung from clean water, then with a dry cloth. Store the pieces indoors where they will dry slowly. Do not leave them in the sun because they will warp and twist.

Furniture that has not been submerged still may develop white spots or whitish film from dampness. If the whole surface is affected, rub it with a cloth wrung from a mixture of 1/2 cup household ammonia and 1/2 cup water; wipe dry at once. Or, rub the surface with a steel wool pad dipped in liquid polishing wax; wipe with a soft cloth, then buff.

To treat individual white spots or small areas, rub gently with a cloth moistened with camphorated oil or oil of peppermint. Wipe off oil and buff dry. A drop of ammonia on a damp cloth may do the job. Or, moisten cigarette ashes or rottenstone with sewing machine oil; apply to spots and rub lightly with finger. Wipe surface and buff dry. If these methods are not effective, it may be necessary to refinish the furniture.

WOOD FURNITURE

To remove surface dirt from leather, wash in cold water, then wipe with a dry cloth. Stuff purses and shoes with crushed paper to retain shape. Leave suitcases open. Dry leather in normal air away from heat and sun. When dry, clean with saddle soap. Neat's-foot oil may be used on shoes that have become stiff. It causes leather to darken but softens it. Rinse leather and suede jackets in cold water. Dry away from heat.

LEATHER

Clean metal as soon as possible, especially iron. Wipe rust with cloth saturated with kerosene or a rust remover. Iron hardware then can be coated lightly with oil to reduce further rusting. Use stove polish on ironwork. Wash cooking utensils thoroughly with soapy water to remove the kerosene; to prevent further rusting, rub with unsalted cooking fat and heat slowly to permit the fat to soak into the pores of the metal. Stainless steel, nickel-copper alloy, or metals plated with nickel or chromium need only washing and perhaps polishing with a very fine-powdered cleaner. If the plating of furniture or hardware is broken so that the base metal is exposed and rusted, wipe with kerosene, wash and dry the surface. Then you can wax to reduce further rusting.

HOUSEHOLD METALS

Wash aluminum thoroughly and scour any unpolished surfaces, such as the insides of utensils, with steel wool pads. Polished or plated surfaces of aluminum should not be scoured but should be polished with metal polish or fine cleaning powder. To brighten the darkened insides of an aluminum pan, fill it with water, add 1/4 cup vinegar or 1 tablespoon of cream of tartar for each quart of water, and boil. If the utensils have been submerged and are darkened both inside and out, prepare one of these acid solutions in a tub or wash boiler and immerse the utensils in it. Copper and brass can be polished with a special polish or with salt sprinkled either on a piece of lemon or on a cloth saturated with vinegar.

COOKING UTENSILS

CANNED AND GLASS-PACKAGED GOODS

If cartons or cases are contaminated, remove cans and glass containers and stack in separate piles to identify them if labels are lost. Destroy all containers with porous closures such as paper and fiber. Wash usable canned and glass-packaged foods with detergent and water. Rinse with clear water. Then cover containers with chlorine solution (1 tablespoon household bleach to each gallon of clear water) for at least 1 minute. If labels have come off, mark contents on each container.

OTHER PACKAGED FOODS

Examine sealed metal drums, metal-lined casks or cases, and wooden barrels carefully. If leaks are found, put aside for health teams to check. If there is no leakage, clean and dry as outlined for canned and glass-packaged foods.

Carefully examine sealed foil or cellophane containers for leaks or breaks and discard any damaged containers. If the food in these containers is normally finely granulated, but is now caked or not free-flowing, discard. Discard sound foil packages which show stain on the inner paper wrapper. Unbroken and otherwise acceptable packages with evidence of outer water contamination may be wiped dry and used.

Cans with fitted lids, non-sealed type (cocoa, baking powder, etc.): If there is damage from floodwater, open and examine. If the cans look wet or water has entered, or if dented, discard them.

UNPACKED FOODS

Clean fruits, root and tuberous vegetables by scrubbing thoroughly with tap water. As additional precautions peel these foods and cook before eating if possible. Discard head and leafy vegetables.

FROZEN FOODS

Keep freezer closed. With freezer closed, foods will usually stay frozen at least a day, perhaps for two or three days. Foods in well-filled, well-insulated 4 cu. ft. home freezers will not begin to spoil in less than 3 days; in 12 to 36 cubic ft. freezers, food will not begin to spoil in less than 5 days, and may be all right for 7 or 8 days if the food is very cold. A full freezer will stay cold many hours longer than a freezer partly full.

Covering the freezer with blankets, quilts or some other covering will help keep the food frozen, or cold enough to prevent spoilage. Also, put crumpled newspaper or excelsior between the cabinet and covering. Be sure that you do not cover the air-vent openings. Move the food to a locker plant if one is in operation and if there is space there. To move food from your home, wrap it in plenty of newspapers and blankets or use insulated boxes. Add dry ice if you can get it, if the food is still frozen. Wear gloves to handle dry ice. Move any foods from the freezing compartment to the storage compartment of the freezer. Put heavy cardboard directly on the packages of frozen food and then put the dry ice on top of the cardboard. Can the food only if it is possible to do so under sanitary conditions and with proper equipment.

THAWED FOODS

Fruits can be frozen if they still taste and smell good. If they are beginning to ferment, they can be eaten, but they will have an off flavor. Do not refreeze vegetables if they have thawed completely. Refreeze only if there are still some ice-crystals in the vegetables. If the vegetables have thawed and cannot be used soon, discard them. If you have doubts, throw them out. Spoilage may begin before bad odor occurs. Meats and poultry are not safe to eat when they start to spoil. Look at each package. Thawed meats and poultry that do not show spoilage may be refrozen but should be cooked very thoroughly before being tasted. If the food still contains some ice crystals, it may be refrozen safely. Use completely thawed meats and poultry immediately, if possible. Be sure to cook them well before tasting. If odor is poor or questionable, get rid of the foods. Fish, shellfish and cooked foods should not be refrozen if they have thawed completely. It is safe to refreeze them if there are ice crystals in them. Bacteria multiply rapidly. If you have doubts, throw them out. Do not rely on odor.

Your own and your family's emotional care and recovery are just as important as rebuilding a home and healing physical injuries.

You may be surprised at how you and others may feel after a disaster. Disasters can stir up many different feelings and thoughts. People may experience fear concerning their safety or that of a loved one, shock, disbelief, grief, anger, and guilt. Memory problems, anxiety and/or depression are also possible after experiencing a disaster.

When a disaster strikes, a child's view of the world as a safe and predictable place is temporarily lost. Children become afraid that the event may happen again and that they or their family may be injured or killed. Children may become afraid and some elderly people may seem disoriented at first. People with disabilities may require additional assistance. It is important to let children and elderly people know that they are safe and that you will help them find a safe place to stay. It is important that you try to talk to them in a calm way.

Basic steps you can take to help meet your emotional needs:

- Returning to as many of your personal and family routines as possible
- Get plenty of rest and water
- Focus on the positive
- Recognize your own feelings
- Reach out and accept help from others. You don't have to do it alone.
- Do something you enjoy. Do something as a family that you have all enjoyed in the past.
- Stay connected with your family and/or other support systems.
- Realize that, sometimes, recovery can take time.

If you have pets, try to find and comfort them. They too just went through a disaster and are probably confused and scared. A scared animal may react by biting or scratching. Handle animals carefully and calmly. Pets can become upset and react in unusual ways, such as spraying urine, defecating on floors, or scratching/biting furnishings.

Since pets will need regular care and attention to calm down, try to leave pets with a family member, friend, or boarding facility while you are cleaning up your home. Make sure they are fed their usual diet, have plenty of water, and take time out to visit and play with them.



United Way 211

2-1-1 is a free, confidential service that provides information about critical health and human services available in your community. Call 2-1-1 for help with basic human needs, such as: food, housing, clothing, rental and utility assistance, health care, counseling, and more.

You can dial 2-1-1 to be connected to your local 211 service, or go to <http://www.211.org/> to find your local service and search through their online database.



Salvation Army

Salvation Army provides a multitude of services to meet basic human needs, to include, but not limited to:

- Emergency housing, food, clothing, utility assistance, emergency financial assistance, and emotional and spiritual care.

In some areas, there are also Salvation Army Family Stores or Thrift Stores which carry donated and cost-friendly furniture, appliances, household goods, and clothing.

Visit <https://www.salvationarmyusa.org/usn/> to find the contact information for the Salvation Army in your area.

There are Several Service Centers in Louisiana that assist with:

- Food
- Clothing
- Drug Addiction
- Generational Poverty
- Budgeting
- Rental Assistance
- Utility Assistance



Catholic Charities

Please visit <https://www.catholiccharitiesusa.org/find-help/> to find the contact information for the closest affiliate.

Depending on your location, Catholic Charities can provide services for:

- Utility Bill Assistance
- Rental Assistance
- Basic hygiene items
- Clothing vouchers
- Prescription Medication Assistance
- Birth Certificates
- Family Transitional Housing for those who are facing homelessness. Through this program, they provide individualized case management, rental assistance, supportive services, and tenant advocacy.

Catholic Charities has affiliates across the United States, including 7 Offices in Louisiana

- CATHOLIC CHARITIES AND SPECIAL MINISTRIES ALEXANDRIA, LA
- CATHOLIC CHARITIES ARCHDIOCESE OF NEW ORLEANS
- CATHOLIC CHARITIES DIOCESE OF BATON ROUGE
- CATHOLIC CHARITIES DIOCESE OF HOUMA-THIBODAU
- CATHOLIC CHARITIES OF NORTH LOUISIANA
- CATHOLIC CHARITIES OF SOUTHWEST LOUISIANA
- CATHOLIC SERVICES OF ACADIANA

The McKinney-Vento Act

What is the McKinney- Vento Act???

The McKinney-Vento Act ensures homeless children transportation to and from school free of charge, allowing children to attend their school of origin (last school enrolled or the school they attended when they first became homeless) regardless of what district the family resides in. It further requires schools to register homeless children even if they lack normally required documents, such as immunization records or proof of residence. To implement the Act, States must designate a statewide homeless coordinator to review policies and create procedures, including dispute resolution procedures, to ensure that homeless children are able to attend school. Local school districts must appoint Local Education Liaisons to ensure that school staff are aware of these rights, to provide public notice to homeless families (at shelters and at school) and to facilitate access to school and transportation services - wikipedia

Who can get help under McKinney-Vento?

All homeless young people—including “unaccompanied youth” not in the physical custody of a parent or guardian—who are:

- living in emergency shelters or transitional living programs;
- staying temporarily with friends or relatives due to inadequate housing;
- or staying in motels, campgrounds, cars, or other temporary housing.

What school can they go to?

Youth have the right to attend either:

- the school nearest to where they are living;
- or the school where they were last enrolled (called “school of origin”)

This is true even if they move out of the school district. When youth choose to go to the school in the area where they are living, the school must immediately let students enroll, attend classes, and **participate fully in school activities**, even if students do not have a parent or guardian with them or documents.

**** This includes uniforms, academic based field trips, materials, school supplies, and other required items by the school for academic success****

Contact Your Child(ren)’s School Liason for more information!

Preparing for Disasters and Emergencies in the Future

1 Get a Kit



An Emergency Preparedness kits contains items you may need to have if you are confined to your home for an extended period of time or told to evacuate on short notice

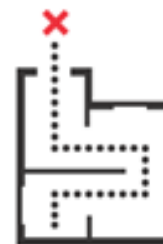
You can begin to prepare for such an emergency by gathering emergency supplies in one place, with at least 3 days of supplies in an easy-to-carry evacuation kit, with additional supplies on hand.

Remember to check your kit and **replace the stock every six months.**

- There are **six basics** you should stock for your home in the case of an emergency:
 - Water
 - At least 1 gallon per person, per day
 - Don't forget pets!
 - Food
 - Avoid perishable foods, foods that need to be refrigerated, or food that requires water to cook or rehydrate
 - Store foods family members enjoy and will want to eat
 - Make sure to rotate in new food every 6 months or according to "best if used by" date
 - Special Items for Medical Conditions (medication, inhaler, insulin, etc.)
 - First Aid Supplies
 - Clothing and Bedding
 - Tools and Emergency Supplies
 - Flashlights and batteries
 - Portable AM/FM battery or alternatively charged (hand crank/solar) radio
- **Additional items include:**
 - Personal items
 - Eyeglasses or contact lenses
 - Copies of important papers, such as identification cards, passports, birth certificates, insurance policies, etc.
 - Comfort items such as toys and books
 - Contact Information for your emergency contacts (locally and out-of-state)
 - Pet supplies
 - Food & Water
 - Medication & medical/vaccination information
 - Tags

This kit should be kept in a designated place in case you have to leave your home quickly, **all members** should know where it is located, and it should be incorporated into your "plan" as someone's responsibility to grab it.

2 Make a Plan



TALK

When a disaster or other emergency happens, those who have planned ahead of time are calmer and more assured.

A plan for what to do in an emergency applies to everyone, including those who live alone. Everyone should know what to do, where to go and who to contact in case an emergency happens.

PLAN

Develop a communication plan

Choose an out-of-town contact for members of the family to call in case of disaster. The selected contact person should live far enough away that they would be unaffected by the same event and they should know they are the chosen contact.

Not only is it important to check with your contact when you are affected by a disaster, it is also important that a member of the family let the contact know that you are safe if the event is nearby but you are unaffected.

LEARN how and when to:

Turn off utilities

Use a fire extinguisher

Call for emergency help

What the emergency plans for your workplace, school and other places you and your family frequent

Alternate routes of transportation and communication

TELL everyone in the household:

Where the emergency supplies kit is stored

Where the emergency contact information is kept

The details of your disaster plan

To always carry a copy of the emergency contact information

PRACTICE your plan

During emergencies such as fires, floods and tornadoes, there are seconds to act. Practicing provides the experience of “what it feels like” so that when an emergency happens, people are more likely to respond correctly.

3 Be Informed



Know what hazards are most likely to happen in your community

Know how local authorities will warn you of a pending or current disaster, advise you regarding actions to take, and how they will continue to keep you informed

Establish a personal support network of family, neighbors, friends, and community & faith-based groups

Preparing for Disasters with Red Cross Mobile Apps

Apps are free and available for Android & iPhone*



First Aid App: The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Available for iPhone and Android devices, the official American Red Cross First Aid app gives you instant access to the information you need to know to handle the most common first aid emergencies. With videos, interactive quizzes and simple step-by-step advice it's never been easier to know first aid.



Tornado App: Get your family and home ready for a tornado with the official Tornado App from the American Red Cross. The tornado warning app puts everything you need to know to prepare for a tornado – and all that comes with it – in the palm of your hand. This app has many features, including an audible siren that automatically goes off even if app is closed when NOAA issues a Tornado Warning, helping to reduce the chance of sleeping through an actual warning.



Wildfire App: Be ready for wildfire with Wildfire by the American Red Cross. Get the latest state-by-state Wildfire news and updates, prepare your family, home and pets, let loved ones know that you are safe even if the power is out – a must have for anyone who lives in an area that is susceptible to wildfires or has loved ones that do.



Flood App: Get your family and home ready for a flood. The American Red Cross Flood app is the complete solution you need to understand and prepare for flooding and all that comes with it. This App includes simple step-by-step instructions to help you know what to do even if the cell towers and TVs are down. Prioritized actions for before, during, and after requiring no mobile connectivity.

Other Red Cross Apps available on Google Play Store or Apple App Store

Shelter: helps you know when and where shelters have been opened

Earthquake: helps you prepared your family and home, receive alerts and notifications when an earthquake occurs

Hurricane: Lets you monitor conditions in your area or throughout the storm track, prepare your family and home

Pet First Aid: Puts veterinary advice for everyday emergencies in the palm of your hand

Team Red Cross: When a disaster happens in your area, this app will let you know what volunteer opportunities are available in your area based on your location

*Pet First Aid App is the only app with a cost, \$0.99



American Red Cross
Louisiana Region

Louisiana Office Locations

Office	City	Phone
Metro/New Orleans	New Orleans	(504) 620 - 3105
River/ Bayou	Hahnville	(504) 620 - 3105
North Shore	Madisonville	(985) 892-4317
Capital Area	Baton Rouge	(225) 291 - 4533
Acadiana	Lafayette	(337) 234-7371
SW Louisiana	Lake Charles	(337) 478-5122
Central Louisiana	Alexandria	318) 442-6621
NW Louisiana	Shreveport	(318) 865 - 9545
NE Louisiana	Monroe	(318) 323-5141

Please Note: As we are living and working in a Covid-19 environment our offices are currently closed to the General Public.