

**2010
HURRICANE
PREPAREDNESS
GUIDE**



**USS GEORGE H W BUSH (CVN 77)
MILITARY PERSONNEL AND
FAMILY MEMBERS**

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INTRODUCTION

HURREX 2010

This booklet provides guidance on how you and your family should prepare for, and if necessary, live through a hurricane. Hurricane season runs from 01 June to 30 November. **NOW** is the time to prepare for a hurricane, **NOT** when it is 72 hours away. The booklet is designed to walk you through the various stages of hurricane preparation, and discusses the recommended actions you and your family should take in the event a hurricane threatens the area. In addition to this guide, hurricane preparedness information that is specific to the Hampton Roads area can be obtained at the following web sites:

<http://www.pilotonline.com/hurricanes/>
<http://www.vdot.state.va.us/traf/hurricane.html>

How Are Hurricanes Classified?

The National Hurricane Center classifies hurricanes according to their potential for producing extensive damage on a scale of 1 to 5. Much of the damage caused by a hurricane is a result of a "storm surge". A "Storm Surge" is a large dome of water pushed up in advance of a hurricane prior to making landfall. This dome of water can exceed 20 feet depending upon the strength of the hurricane and tide conditions. Storm surge flooding has caused more deaths than hurricane winds. A storm surge is not to be confused with a tidal wave or tsunami. It is a large amount of water on top of which there is heavy wave action. A storm surge can last for several hours. In a deep ocean, this huge dome of water sinks and flows away, but as the storm nears land, the rising sea floor blocks the water's escape. It comes ashore as a deadly flood. During high tide, the storm surge will be even deeper and more extensive. The following table is a breakdown of the average wind speed and storm surge values for each of the five hurricane categories:

TYPE	WINDS (MPH)	STORM SURGE
Tropical Depression	>35	
Tropical Storm	39 - 73	
Hurricane (Category 1)	74 - 95	4 - 5 Feet
Hurricane (Category 2)	96 - 110	6 - 8 Feet
Hurricane (Category 3)	111 - 130	9 - 12 Feet
Hurricane (Category 4)	131 - 155	13 - 18 Feet
Hurricane (Category 5)	>155	> 18 Feet

HURRICANE APPROACHING

Tropical Cyclone Conditions of Readiness (CORs)

COR V - Condition set when destructive winds are *possible* within ninety-six (96) hours.

COR IV - Condition set when destructive winds are *possible* within seventy-two (72) hours.

COR III - Condition set when destructive winds are *possible* within forty-eight (48) hours.

COR II - Condition set when destructive winds are *anticipated* within twenty-four (24) hours.

COR I - Condition set when destructive winds are *anticipated* within twelve (12) hours.

Planning – Your Family’s Key to Hurricane Survival

How Safe is Your Home?

If you live near the coast, plan to relocate during a hurricane emergency. If you live in a mobile home, always plan to relocate. Don't forget that public utilities may fail if a hurricane strikes. Utilities include electricity, natural gas, sewer services, storm water, telephone, water and cable television. It may take days or weeks before utilities can be restored. This may make survivability extremely difficult. *How would your family survive with one or more of the above utilities no longer available for days or weeks?* Your home may be safe, but you could be affected by the loss of one or more public utilities by being close to the disaster-stricken area. Contact your local Emergency Management Office for assistance in evaluating the vulnerability of your home. **Protect your windows!** Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels. Use 1/2 inch plywood--marine plywood is best--cut to fit each window. Remember to mark which board fits which window. Pre-drill holes every 18 inches for screws. Do this long before the storm.

Take a Regular Inventory of Your Property

A complete inventory of personal property will help in obtaining insurance settlements and/or tax deductions of uninsured losses. Inventory checklists can be obtained from your insurance representative. Don't trust your memory! Emotional stress upon your family will already be traumatic after a disaster. Document personal property by listing descriptions, taking pictures or video of household belongings. **Store important documents in waterproof containers or a safety deposit box.**

Family Disaster Supply Kit

Since we live in an area that is vulnerable to hurricanes, it is a good idea to set aside certain supplies at home throughout the year in preparation for major emergencies or disasters. We recommend you keep them in a separate "Family Disaster Supplies Kit" to ensure they are easy to find when you need them. Identify a safe room for storage of the supply kit. **Don't forget to rotate and replace expired items throughout the year.**

Family members should discuss and plan additional supplies that might be needed over an extended period of time. Be ready for the hurricane season. Some supplies will be required in

the event you elect to stay in your home. Others may be required if you evacuate, relocate or go to a shelter.

REMINDER: After a hurricane watch is issued, there is usually a very high demand and short supply of many items

Suggested Family Disaster Supply Kit Check-off Lists

WATER:

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)
- Keep at least a three-day supply of water for each person in your household

FOOD:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples--sugar, salt, pepper
- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

FIRST AID KIT:

- | | |
|---|--|
| <input type="checkbox"/> Sterile adhesive bandages (assorted sizes) | <input type="checkbox"/> Antiseptic |
| <input type="checkbox"/> 2-inch sterile gauze pads (4-6) | <input type="checkbox"/> Triangular bandages (3) |
| <input type="checkbox"/> 4-inch sterile gauze pads (4-6) | <input type="checkbox"/> Moistened towelettes |
| <input type="checkbox"/> Hypoallergenic adhesive tape | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> 2-inch sterile roller bandages (3 rolls) | <input type="checkbox"/> Tongue Blades (2) |
| <input type="checkbox"/> 3-inch sterile roller bandages (3 rolls) | <input type="checkbox"/> Cleansing agent/soap |
| <input type="checkbox"/> Scissors, Tweezers, Needle | <input type="checkbox"/> Latex gloves (2 pair) |
| <input type="checkbox"/> Tube of petroleum jelly or other lubricant | |
| <input type="checkbox"/> Assorted sizes of safety pins | |
| <input type="checkbox"/> Sunscreen | |

NON-PRESCRIPTION DRUGS:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Ctr)

TOOLS/SUPPLIES:

- Mess kits, or paper cups, plates and plastic utensils
- Tape
- Emergency preparedness manual
- Pliers
- Battery-operated radio and extra batteries
- Compass
- Flashlight and extra batteries
- Whistle
- Cash or traveler's checks, change
- Tube tent
- Non-electric can opener, utility knife
- Signal flare
- Fire extinguisher: small canister, ABC type
- Paper/pencil
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Plastic sheeting
- Map of the area (for locating shelters)

SANITATION:

- Toilet paper, towelettes
- Personal hygiene items
- Soap, liquid detergent
- Feminine supplies
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Plastic garbage bags, ties (for personal sanitation uses)

CLOTHING AND BEDDING:

- Sturdy shoes or work boots
- Thermal underwear
- Blankets or sleeping bags
- Hat and gloves
- Rain gear
- Sunglasses

SPECIAL ITEMS: (For Baby)

___ Formula

___ Diapers

___ Bottles

___ Powdered milk

___ Medications

SPECIAL ITEMS: (For Adults)

___ Heart and high blood pressure medication

___ Insulin

___ Prescription drugs

___ Denture needs

___ Contact lenses and supplies

___ Extra eye glasses

___ Entertainment—games & books

___ Important Family Documents: (*Keep these records in a waterproof, portable container.*)

- Will, insurance policies, contracts, deeds, stocks & bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone #s
- Family records (birth, marriage, death certificates)

Suggestions and Reminders:

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in air-tight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Rotate your stored food every six months.
- Review your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.
- **Create a list of "can't live without" items that you would want to grab in a moments notice** if you have to evacuate in a hurry. Each member of the family should be allowed a few items (keepsakes, photo albums, etc.) that will fit in the car with you.

What About Family Pets?

Don't forget to make special arrangements and plans for a place that will safely house, feed and care for your pets. If you evacuate, are the pets going with you? Don't forget to include food and water in your Family Disaster Supplies Kit. You will not be allowed to bring your pets to

public shelters. Make arrangements with your veterinarian, humane society or private shelter outside the normal hurricane impact areas.

Staying Informed

An approaching hurricane may affect your work schedule. You may be released early from work based on your responsibilities to make final preparations at home. Information about early release/evacuation of personnel will normally be passed to you via e-mail or by your supervisor.

During Hurricane conditions, it is your responsibility to check with your supervisor regarding hurricane related information. Talk to your supervisor if you have any questions.

After hours/weekends

Information Lines – During Hurricane Conditions, you should contact the weather information line at **(757) 686-4233**. Monitor local media sources for announcements regarding the status of the ISC Portsmouth base and evacuation. The following TV/Radio stations will carry announcements:

Radio	<u>Television</u>
WWDE 101.3 FM	WAVY TV10
WVBM 92.9 FM	WVEC TV13
WLTY 95.7 FM	WTKR TV3
WJCD 107.7FM	

*Listen carefully to ensure you are receiving **COAST GUARD ISC PORTSMOUTH** information and not information about other agencies or services.*

HURRICANE WATCH ISSUED

A **Hurricane Watch** is issued by the National Hurricane Center to **ALERT** specific regions that hurricane conditions pose a threat to a specified area **within 36 hours**. Current hurricane track prediction techniques are relatively accurate, which means that warnings of an approaching hurricane should not be taken lightly. Monitor storm reports on radio and television closely. Implement your family plan. **Now is the time to seriously consider what you and your family will do if a hurricane threatens the area. Do you have an evacuation plan? Are you close to a flooding area and you're certain you'd have to evacuate? Do you live near a shelter? Do you want to leave the area and go to a hotel or relatives? Have you filled out an Emergency Evacuation Personnel Information Form with your updated evacuation information?**

Things-to-Do Checklist

- ___ Check emergency supplies and items you want to take with you if you evacuate.
- ___ Fuel car.
- ___ Bring in outdoor objects such as lawn furniture, toys, and garden tools and anchor objects that cannot be brought inside.
- ___ Secure buildings by closing and boarding up windows. Remove outside antennas.
- ___ Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- ___ Store drinking water in jugs, bottles, and cooking containers.
- ___ Review evacuation plan.
- ___ If applicable, moor boat securely or move it to a designated safe place. Use rope or chain to secure boat to trailer. Use tie-downs to anchor trailer to the ground or house.

HURRICANE WARNING ISSUED

A **Hurricane Warning** is issued by the National Hurricane Center when sustained winds of 74 mph (64 knots) or higher *are expected* within a specified area **in 24 hours or less**. **If you haven't bothered to prepare your home and family, it is almost too late ... but you still have a chance!** All precautions must be completed immediately.

Things-to-Do Checklist

- ___ If in a mobile home, check tie-downs and evacuate immediately.
- ___ Store valuables and personal papers (birth certificates, heirlooms, personal inventory lists, pictures, titles, wills, etc.) in a waterproof container in the highest possible location protected from potential flooding. If you evacuate, be sure to take them with you.
- ___ Avoid elevators.
- ___ Prepare for high winds: brace your garage door, lower antennas and be prepared to make repairs.
- ___ Anchor objects outside: awnings, garbage cans, grills, lawn furniture, loose garden tools, toys and all other loose objects can be deadly missiles and should be anchored securely or brought inside.
- ___ Protect windows and other glass: securely board up or shutter large windows and draw drapes across windows and doors to protect against flying glass.
- ___ Move boats and trailers close to house:
 - (1) Fill boats with water to weigh them down.
 - (2) Lash securely to trailer and use tie-downs to anchor trailer to the ground or house.
 - (3) Check mooring lines of boats that must remain in water, then leave them.
 - (4) Accomplish this ahead of the hurricane watch to save time.
- ___ Prepare for storm surge, tornadoes, high winds and flooding:

Storm surges, tornadoes and floods are the real killers associated with a hurricane. In a Tornado Warning, seek inside shelter below ground level if possible. Otherwise, go to the innermost small room away from outside walls, doors and windows on the lowest level of your structure. If you are outside, seek cover in a ditch or other low spot. Do not attempt to outrun a tornado! Mobile homes and portable buildings are extremely unsafe during a tornado!

The surge of ocean water plus flash flooding of streams and rivers due to torrential rains cause 90% of the deaths associated with hurricanes. If you anticipate that your family will be at risk, evacuate early before the hurricane watch is issued! Complete evacuation well before the arrival of tropical force winds.

If You Stay at Home

This is ONE of your options. The decision to stay at home is not an easy one. If you are in a coastal area or are in an area prone to flooding, you place yourself and your family in great risk. But if you **MUST** stay at home, here is a list of things to do:

- _____ Stay indoors within an inner room on the lowest level away from doors and windows. Do not go out in the brief calm during passage of the hurricane eye. The lull sometimes ends suddenly and winds return from the opposite direction. Winds can increase in seconds to 75 mph or more.
- _____ Keep a supply of flashlights and extra batteries handy. Avoid open flames, such as candles and kerosene lamps, as a source of light.
- _____ If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.
- _____ Protect your property from damage without taking any unnecessary risks. Temporary repairs may reduce further losses from wind and water, *but be careful!*
- _____ Stay away from windows and glass doors; move furniture away from exposed doors and windows.
- _____ Keep a continuous communications watch: keep radio or television tuned to receive information from official sources. Unexpected changes can sometimes call for last minute relocations.
- _____ **Remain calm!** Your ability to cope with emergencies will help other members of your family. Stay calm, reassuring and use common sense. *Use the telephone or cellular phones only in the event of an emergency or life-threatening situation.*

If You Evacuate

There are some important options you should know about with regard to evacuations. If you are ordered to evacuate by your Commanding Officer, you will be reimbursed for the cost of the evacuation. Certain rules will apply for what you can and can't claim. Chances are, if State authorities order an evacuation, the appropriate military commands will do the same. The ISC hotline ((757) 686-4233) will provide evacuation information as it is received.

If you choose to evacuate on your own (**NOT UNDER MILITARY ORDER**) *you will NOT* be reimbursed for the cost of the evacuation. Regardless of whether an evacuation is ordered or you decide to do it on your own, the following action items are suggested:

- ___ Know where you are going and *leave early*, providing sufficient time to avoid heavy evacuation traffic. Evacuate in daylight if possible with a full tank of gas. Take only your most valuable possessions with you; otherwise place them in high points away from flooding within your home. Listen to your car radio for additional emergency information or evacuation routing problems.
- ___ Secure your home by unplugging appliances and turning off electricity and the main water valve.
- ___ Tell someone outside of the storm area where you are going (*did you fill out the form?*).
- ___ If time permits, and you live in an identified surge zone, elevate furniture to protect it from flooding or better yet, move it to a higher floor.
- ___ Bring pre-assembled emergency supplies and warm protective clothing.
- ___ Take blankets and sleeping bags to shelter.
- ___ Lock up home and leave.

Ordered Evacuation

Here are the specifics ... An **ordered evacuation** of the Hampton Roads Area may take place when civil and military authorities determine the severity of the approaching storm may cause significant damage and endanger lives. It is possible that only a partial evacuation will be ordered. This means that some personnel may not be directed to evacuate because of their location (for example, residents of Suffolk may *not* be considered in danger and therefore will not be evacuated). Thus, it is **extremely** important to carefully monitor information during hurricane conditions.

You are encouraged to comply with military or civil ordered evacuations. However, the decision to evacuate is ultimately yours.

Ordered Evacuation Entitlements

It is the Coast Guard's policy to reimburse members for the cost of relocating themselves and their families *when the Area Commander orders an evacuation*. It is important to understand that civil authorities may recommend or order an evacuation, and Commander, Atlantic Area may not. **Entitlement allowances are only authorized when Commander, Atlantic Area orders an evacuation. Personnel who elect to evacuate without the District Commander's authorization for entitlements will not receive reimbursement for evacuation.**

If time allows, you may be issued travel orders in the event evacuation entitlements are authorized. Because of the expected difficulties to be encountered in preparing for an evacuation, it is likely that travel orders will be provided *after* the hurricane. **You should NOT expect advance payment entitlements. You should be prepared to bear the initial expenses you incur in an evacuation for such things as food and lodging.** Travel orders will be delivered to you upon your return to work. **THE FOLLOWING INFORMATION ON REIMBURSEMENTS IS IMPORTANT!!!**

- Transportation: Maximum transportation reimbursement will not exceed reimbursement for the round-trip mileage between Portsmouth, VA and Richmond, VA (154 miles) regardless of your evacuation destination.
- Per Diem: Maximum per diem reimbursement will not exceed the rate authorized for Petersburg, VA regardless of your evacuation destination. **Receipts for expenses of \$75.00 and above are required. Receipts for lodging in any amount are required.** Receipts for meals are not required. **If you relocate and reside with friends or relatives, you will not be authorized per diem reimbursement regardless of payment.** Members will be required to file their travel claims (with appropriate documentation) as soon as they return to the permanent duty station.
- Per Diem is paid at the full rate for the first 30 days of the evacuation to both members and family members.
- Per Diem is paid at 60% for family members over age 12 and 30% for family members under age 12 on the 31st and subsequent days of evacuation.

Evacuation Eligibility

The following personnel are eligible for the evacuation entitlement in the event of evacuation:

- Active duty personnel (includes Reservists performing active duty of 30 days or more)
- Civilian employees
- Dependents of Active Duty and Civilian Employees (**As validated on the Emergency Evacuation Personnel Information form**)

Evacuating to a Shelter

A good evacuation option to consider for you and your family is evacuation to a local shelter. If you have to evacuate, but you don't want to drive out of the area (or can't), there are a large number of shelters in the area that will open in the event of a hurricane. Shelters may also be used when large-scale evacuations are not officially ordered, but are recommended. Monitor newspapers, TV/Radio, and Internet sites for locations of local shelters that will be open in the event of a hurricane.

Going to a Shelter

Take blankets, sleeping bags, flashlights, special dietary foods, infant needs, games, lightweight folding chairs and water. **Do not take pets, alcoholic beverages or weapons of any kind to the shelter.** Be prepared to offer assistance to shelter workers if necessary, and advise all family members of their obligations to keep the shelter clean and orderly.

Lock Up and Secure Your House

Turn off gas, water and electricity. Check to see that you have done everything you can to protect your property from damage or loss. *Use the evacuation checklist.*

Carry Along Survival Supplies

You should have preplanned what to take in your vehicle (blankets, bottled water, canned or dried provisions, eating utensils, extra family medications, first aid kit, games, hearing aid, manual can opener, prescriptions, sleeping bags, spare batteries, spare glasses and other essential survival items). Take additional changes of clothing and foul weather gear.

Keep Important Items with You at All Times

You should have preplanned to keep in your possession your driver's license, personal identification papers, insurance policies, personal property inventory, medic-alert or device with special medical information, maps to destination, heirlooms, pictures of value and essential paperwork that may be vital during and after your evacuation. Take cash, since ATMs or credit card machines may not be working.

Military Shelters and information Centers

ACTIVITY	LOCATION OF HURRICANE INFORMATION CENTERS	TELEPHONE NUMBERS
Naval Station Norfolk, VA	Bldg. U-40 (near Gate 3)	757-489-2656
	Bldg. No. C-9	757-444-2590
	Bldg. No. O-26	757-444-2590
Naval Amphibious Base Little Creek Norfolk, VA	Bldg. No. 3601 Shields Hall/Bachelor Enlisted Housing	757-464-3561
Naval Weapons Station, Yorktown, VA	Bldg. 31	757-887-4939
Fleet Combat Training Center Atlantic, Dam Neck Virginia Beach, VA	Walker Hall (primary shelter)	757-444-0000
	Rayborn Hall	757-444-0000
	Taylor Hall	757-444-0000
	Nopf Hall	757-444-0000
Norfolk Naval Shipyard	Bldg. No. 19 and 234	757-396-2871
Naval Security Group Activity Northwest, Chesapeake, VA	Northwest Hall Bldg. 8	757-421-8000

Hurricane Shelters for Tidewater

***ALWAYS LISTEN TO THE NEWS TO SEE WHICH SHELTERS WILL BE OPEN.
These locations are subject to change***

CHESAPEAKE		
POC: Clyde Sheeley 757-547-1440		
Hugo Owens Middle School	2801 Cedar Road	558-5382
Great Bridge High School	301 West Hanbury Road	482-5191
Hickory High School	1996 Hawk Boulevard	421-4295
	South Battlefield	
Indian River High School	1969 Braves Trail	494-7510
Oscar Smith High School	1994 Tiger Drive	548-0696
Thurgood Marshall Elementary School	2706 Border Road	494-7515
Western Branch High School	1968 Bruin Place	638-7900
HAMPTON		
POC: Anthony Weeds 757-825-4430		
Bethel High School	1067 Big Bethel Road	825-4400
Lindsay Middle School	1636 Briarfield Road	825-4560
Eaton Middle School	2108 Cunningham Drive	825-4540
Davis Middle School	1435 Todds Lane	825-4520
Hampton High School	1491 W. Queen Street	825-4430

Kraft Elementary School	600 Concord Drive	825-4634
Forrest Elementary School	1406 Todds Lane	825-4627
Tucker-Capps Elementary School	113 Wellington Drive	825-4641
NEWPORT NEWS		
POC: Linda Wensel 757-591-4510		
PRIMARY SHELTERS		
Warwick High School	51 Copeland Lane	591-4700
Menchville High School	275 Menchville Road	886-7722
Huntington Middle School	3401 Orcutt Avenue	928-6846
South Morrison Elementary School	746 Adams Drive	591-4792
Saunders Elementary School	853 Harpersville Road	591-4781
Palmer Elementary School	675 Oyster Point Lane	881-5000
Jenkins Elementary School	80 Menchville Road	881-5400
Hiddenwood Elementary School	501 Blount Point Road	591-4766
SECONDARY SHELTERS		
Hines Middle School	561 McLawhorne Drive	591-4878
Gildersleeve Middle School	1 Minton Drive	591-4862
Yates Elementary School	73 Maxwell Lane	881-5450
B.C. Charles Elementary School	101 Young's Road	886-7750
Watkins Elementary School	21 Burns Drive	591-4815
Riverside Elementary School	1100 Country Club Road	591-4740
Kiln Creek Elementary School	1501 Kiln Creek Parkway	886-7961
Deer Park Elementary School	11541 Jefferson Avenue	591-7470
NORFOLK		
Lake Taylor Middle School	1380 Kempsville Road	892-3230
PORTSMOUTH/CHURCHLAND		
Churchland Middle School	4051 Rivershore Road	686-2512
William E. Waters Middle School	600 Roosevelt Boulevard	558-2813
Woodrow Wilson High School	1401 Elmhurst Lane	465-2907
Churchland High School	4301 Cedar Lane	686-2500
SUFFOLK		
POC: Jim Thorsen 757-925-5587		
Birdsong Recreation Center	301 North Main Street	923-2360
Elephant's Fork Elementary	2316 William Read Drive	925-5555
Forest Glen Middle School	200 Forest Glen Drive	925-5587
John F. Kennedy Middle School	2325 E. Washington Street	925-5560
Kilby Shores Elementary	111 Kilby Shores Drive	925-5575
Lakeland High School	214 Kenyon Road	925-5530
Nansemond Parkway Elementary	3012 Nansemond Parkway	538-5425
Nansemond River High School	3301 Nansemond Parkway	538-5420
National Guard Armory	Godwin Boulevard	539-9630
Southwestern Elementary	9301 Southwestern Blvd	925-5595

VIRGINIA BEACH		
POC: Mr. Marchione 757-474-8525 ext: 0		
Corporate Landing Elementary School	1590 Corporate Landing Pky	437-4783
Larkspur Middle School	4696 Princess Anne Road	474-8525
Cox High School	2425 Shorehaven Drive	496-6767
Green Run High School	1700 Dahlia Drive	431-4040
Strawbridge Elementary School	2553 Strawbridge Road	427-5562
Salem Middle School	2380 Lynnhaven Parkway	474-8411
Landstown Middle School	2204 Recreation Drive	430-2412
Landstown Elementary School	2212 Recreation Drive	430-2733
Salem High School	1993 Sun Devil Drive	474-8484

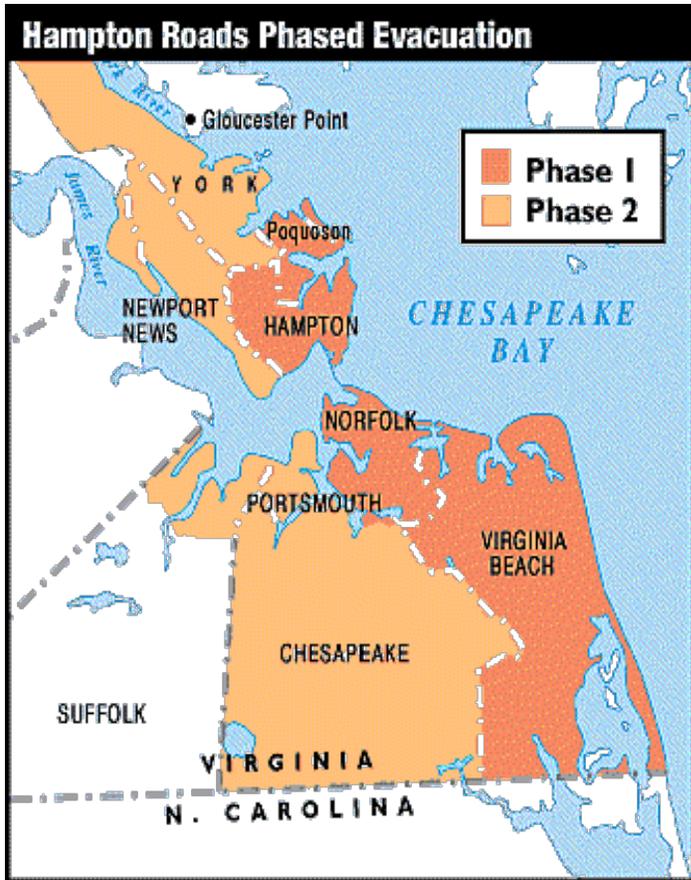
Evacuating Out of the Area

Virginia Department of Transportation (VDOT) Traffic Control Plan

You've looked at all the options and talked it over with your family; they want to leave the area. VDOT has developed a traffic control plan designed to maximize highway capabilities during a mass evacuation. During emergency situations, listen to radio or TV stations for specific info from local emergency management officials. Situations will be constantly changing during the evacuation period. If you plan to evacuate, leave as early as possible and use routes specified for your area. The following pages describe the traffic plan designed as published by the VDOT:

PHASE 1: As you can see from the map, the Phase 1 area will most likely suffer the effects of a storm surge if even a small hurricane threatens the area. For this reason, the Phase 1 area should be evacuated first. Phase 1 evacuation may involve the Cities of Hampton, Poquoson, Virginia Beach and Norfolk and York County. It is expected that evacuation notices will be issued for certain areas of Hampton, Poquoson, Virginia Beach and York County prior to other localities.

PHASE 2: Evacuation from Phase 2 areas will probably occur if a large, powerful hurricane threatens the area. Evacuation may involve the City of Newport News, the remainder of Hampton, and the Cities of Chesapeake, Portsmouth and Suffolk. It is expected that notices will be issued for only certain areas within the above jurisdictions depending upon the situation.

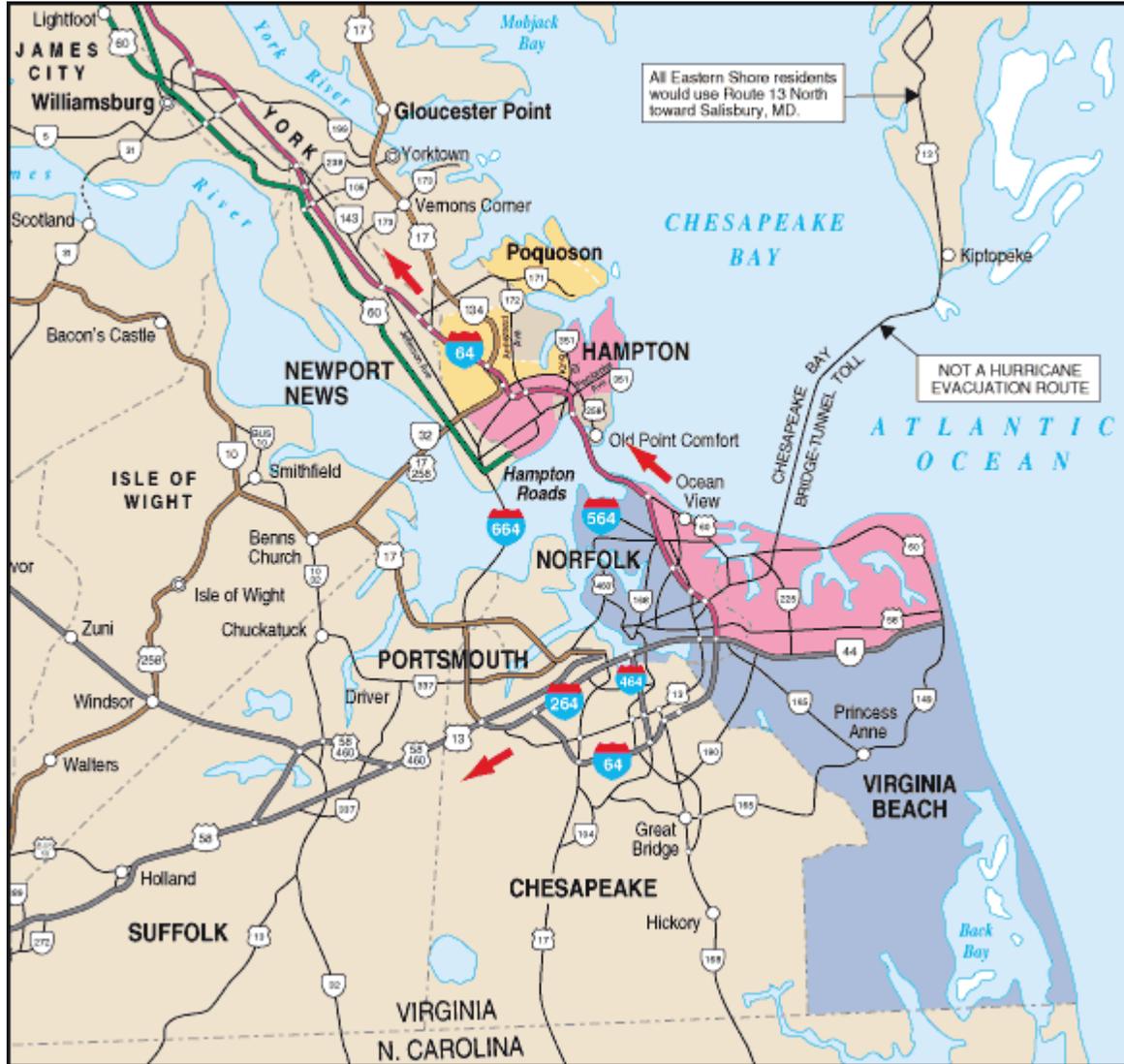


Hampton Roads

Because of the large population, and the limited capabilities and number of highways leading out of Hampton Roads, it is necessary to have a phased evacuation with assigned routes. (See following illustrations, including the Phase 1 and Phase 2 maps below each section.)

PHASE 1

These are the specific, recommended routes for a Phase 1 evacuation.



Virginia Beach

Individuals residing south of Route 44 and along the ocean front will use I-64 towards Suffolk.

Individuals residing north of Route 44 will use I-64 West towards Richmond.

Norfolk

Individuals residing east of I-64 (outside of interstate loop) will use I-64 west toward Richmond.

Individuals residing west of I-64 (inside the interstate loop) will use I-64 toward Suffolk.

Hampton

Individuals residing in the area of King St. and north of Pembroke Ave. will use I-64 toward Richmond.

Individuals residing east of King St. and south of Pembroke Ave. (including Fort Monroe) will use Mercury Blvd. to the James River Bridge to Route 258/32 in Isle of Wight County or Route 60 west.

Individuals residing north of Mercury Blvd. between King St. and Armistead Ave, (in the vicinity of Langley Air Force Base) will take Armistead Ave. to Magruder Blvd. and use Route 17 north toward Gloucester County.

Langley AFB will be evacuated out of the west gate toward Magruder Blvd. - South to I-64 east to Mercury Blvd. to the James River Bridge. Individuals will follow that route to their evacuation assembly area at Ft. Pickett Army Barracks.

Poquoson and York County

All residents will use Route 17 north toward Gloucester County. Residents also may use Victory Blvd. to I-64 west toward Richmond.

Portsmouth

Individuals residing north of I-264 will use Route 17 north to Route 258/32 south in Isle of Wight County; Route 337 west and I-664 north to Route 17 north, then to Route 10 west toward Smithfield. Individuals residing south of I-264 will use Airline Blvd. to Route 58/460 west toward Suffolk.

Chesapeake

All residents will use I-64, I-264 or I-664 to Route 58/460 toward Suffolk.

Suffolk

Residents north of Route 125 will use Route 17 north, to Route 258/32 to Route 10 west toward Smithfield.

Newport News

All residents will use Jefferson Ave., Rochambeau Dr., Route 755 or Route 30 to Route 60 west toward Richmond.

Hampton

Individuals residing west of King Street and south of Mercury Blvd. will use I-64 west toward Richmond.

Individuals residing west of Armistead Ave. and north of Mercury Blvd. will use Route 17 north toward Gloucester County.

York County

All residents will use Route 17 north toward Gloucester County. Residents also may use Victory Blvd. to I-64 west toward Richmond.

AFTER THE HURRICANE

When to Return

If you evacuated, delay return until authorized or when recommended by local authorities or Commander, Atlantic Area. Telephone services within the evacuation zone may be overloaded or non-existent for an extended period of time. Listen to radio or television for information concerning returning to your home or call the ISC Hotline at (757) 686-4233. It is recognized that if extensive hurricane damage in the Hampton Roads area takes place, you may be pre-occupied with reestablishing your home and situating your family. It may be difficult or perhaps impossible for you to report to work immediately on a full time basis. Guidance for reporting for work will be determined based on an evaluation of area conditions. Frequently check the Hotline and any other information numbers for updated guidance.

- _____ Beware of outside hazards: Watch out for loose or dangling power lines. Many lives are lost by electrocution! Treat all downed lines as live wires and do not touch them. Report the fallen power lines to your local power company or police. Stay inside your car if a wire is touching it, and wait for help to arrive.
- _____ Walk or drive cautiously: debris-filled streets are dangerous. Use hard-soled shoes. Poisonous snakes and rodents may be a hazard. Washouts may weaken roads and bridge structures that may collapse under vehicle weight.
- _____ Guard against spoiled food: Food may spoil if refrigerator power is off for more than a few hours. Freezers will keep food for several days, if doors are not opened after power failure. Do not refreeze food once it begins to thaw.
- _____ Do not use water until safe: Use your emergency supply or boil water before drinking until officials declare the water safe. Check with you local health department or emergency management agency regarding water purification procedures. Report broken water or sewer mains to proper authorities.
- _____ Take extra precautions to prevent fire: *Avoid using candles as a light source.* Unsafe use of candles can cause tragic fires. Instead use flashlights or lanterns. Fire safety practices are essential to prevent deaths, injures or more property losses. Keep in mind that you may not have a telephone to call the emergency services if a fire does start.
- _____ Loss of electrical power: If you and others have lost power, call Virginia Power using the emergency or "Lights Out" number found in the white pages of your phone book (1-888-667-3000). Give your name, address and the general area of the outage. If the line is busy, try again later. A busy signal means others are also reporting outages. Disconnect or turn off any major appliance like stoves, televisions, air conditioners and water heaters that could come on suddenly when power is restored. This will help prevent blowing fuses, tripping circuit breakers and fires. Leave a light on so you will know when power is restored. Use a battery-powered radio to obtain up-to-date information on the outage. Consult a professional electrician or your local power company regarding the proper and safe use of generators before the disaster strikes.

Communications

Telephone & Cellular Phone Communications

Make only emergency telephone calls. Keep all calls brief. Report emergencies to 911. Identify yourself and your location. Speak clearly and calmly. Be respectful of the fact that emergency agencies and others involved with life or death emergencies will need to use these communications systems. When using a cellular phone, call the local non-emergency number listed in the telephone directory. Telephone and cellular phone services will either fail or become overloaded during a major emergency or disaster. Be prepared not to have services available.

Keeping Contact

If your planned evacuation location changes before, during or after a hurricane, keep your supervisor informed! If the command relocates to an emergency site, a phone number will be provided prior to relocation for you to keep the command informed if your status changes and how you can be contacted. The command is responsible for maintaining an account of its personnel. It is the employee's responsibility to ensure the command is aware of their status. All employees (Active Duty, Reserve, Auxilliary, and Civilian) are required to make contact with their supervisor as soon as possible to report their safety and status. Constantly monitor sources of information before, during and after a hurricane for instructions on returning to evacuated areas and guidance on returning to work. For information about returning to work, you may be contacted directly by the command or you may receive guidance via media outlets.

Who Do I call?

Police, fire, rescue: 911

Virginia Pilot Emergency Infoline: 640-5555, press 1237

Norfolk

Norfolk City Line: 664-4010

Police Non-emergency information: 441-5600

Virginia Beach

Virginia Beach Line: 427-3580; then press:

- evacuation information, 492
- drinking water tips, 513
- hurricane terms, 625
- hurricane preparedness, 626
- information on basic supplies, 628
- after the hurricane, 632

- hurricane bulletins, 633
- shelter information, 630
- Public information: 427-4111

Portsmouth

Emergency Services office: 393-8551

City information: 393-8432

Chesapeake

Office of Emergency Services: 547-6464

Suffolk

Police: 925-6415; at night, 925-6350

Information: 934-3111

Emergency Services: 925-6414

Electricity

Virginia Power: 858-4660

North Carolina Power: 1-888-667-3000 (For VA and NC power information)

Natural Gas

Virginia Natural Gas: 466-5550; after 5 p.m., call 466-5500

Suffolk: 1-866-229-3578

Hampton: 873-1322; after 5 p.m., call 873-6200

Newport News: 873-6200

Commonwealth Gas: 399-3961 or 1-800-544-5606

Telephones

Bell Atlantic of Virginia: 611

GTE-Virginia: 1-800-483-1000

Traffic

Highway Helpline: 1-800-367-7623

Infoline: 640-5555, press 7874

Insurance Claims

National Insurance Consumer Helpline: 1-800-942-4242

Virginia State Corporation Commission consumer hotline: 1-800-552-7945.

Pets

SPCA of Virginia Beach: 427-0070

Norfolk SPCA: 622-3319

Chesapeake Office of Emergency Services: 547-6464

Strawberry Hill Fairgrounds: 1-757-228-3238 (for horses)

Coping with Children's Reactions to Disasters

The course of growing up for the average child consists of certain regularities. For most school-age children regularity involves the presence of parents, awakening in the morning, preparing for school, meeting with the same teacher, the same children, playing with friends, sleeping in the same bed, essentially being able to depend on a series of predictable events. The child expects dependability from adults and certainly from the forces of nature. For the pre-school child, life is much the same. He or she spends the day within a familiar world at home, with a babysitter or at the nursery school. The family environment remains more or less constant. When there is an interruption in this natural flow of life, the child experiences anxiety and fear. How adults help the child to resolve these problem times may have a lasting effect on the child.

A child needs reassurance by the parents' words and actions: "We are all together and nothing has happened to us." "You don't have to worry, we will look after you."

Listen to what the child tells you about fears. Listen when your child tells you about personal feelings and his or her interpretation of what has happened.

Encourage the child to talk and express her or his feelings.

Explain to the child known *facts* that can be understood.

Once things settle down, try to *get routines back to normal as quickly as possible*. Don't be surprised if your child is afraid to go to bed, fall asleep or has nightmares.

Be *understanding* of the fears and *flexible* to somewhat adjust to the child's needs. School counselors, teachers and other professional help may be needed if situations do not return to normal within a reasonable period of time. Don't wait too long if problems persist. Seek professional help.

The following FEMA website is designed for children to help them prepare for approaching hurricanes: <http://www.fema.gov/kids/hurr.htm>