

LIVING GREEN NEWS

Volume 6, Number 8
August 2013



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Preparing For Hurricane Season

In this month's newsletter we, at OCI want to make sure you are safe throughout Hurricane Season. As you may or may not know Hurricane season runs from June 1st through to November 30th. In this issue we provide you with a survival checklist that can help prepare you and your families for the unexpected.

Recommended Survival Kit

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food at least a three-day supply of non-perishable food
- First aid kit
- Whistle in order to call for assistance/help
- Cell phone with chargers, inverter or solar charger
- Torch with spare bulbs and batteries
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Local maps
- Manual can opener for food



Food Recommendation

- Store a minimum of a 3 days non-perishable food supply.
- Choose foods that your family will eat.
- Cater to unique dietary needs.
- Avoid foods that make you thirsty
- Choose salt free crackers, whole grain cereals and canned foods with high liquid content.

Food Recommendation

- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers and sick people may need more water.
- Medical emergencies may require additional water
- Climate / Temperatures
- Keep a minimum of a 3 day water supply per person.

Medical preparedness simply knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Primary First Aid Supplies

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription Drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Other First Aid Supplies:

- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

All this information, and more, can be viewed and was obtained on the following government website
<http://www.ready.gov/basic-disaster-supplies-kit>

Famous Quotes:

“Weather forecast for tonight: dark.”

George Carlin

“I have six locks on my door all in a row. When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.”

Elayne Boosler

“Peace begins with a smile.”

Mother Teresa