

UNITED STATES CONGRESSWOMAN

# STACEY PLASKETT

Proudly serving the Virgin Islands of the United States

## IMPORTANT THINGS TO KNOW BEFORE A DISASTER

2017 was a momentous year for the people of the Virgin Islands. Our status and relationship as a part of the United States was examined and tested. My office continues to engage in discussions in Congress on the need to resolve the inequitable treatment of our people, from disparity in federal support to lack of voting power.

In September, our Virgin Islands were struck like no other part of the United States; but we have only been bent, not broken. As I continue to work and travel between the islands, I see astounding strength and resilience from all of you. I have worked to ensure that our islands receive sufficient funding and programs to allow us to rebuild better and stronger than before and prepare for the upcoming 2018 hurricane season. I am pressing our leaders to think strategically about our future.

Hurricane season officially runs from June 1 to November 30. As you look to the future, I encourage you to use this guide, which contains important information associated with tropical storms and hurricanes and ways to help increase awareness and readiness for those natural disasters.

Personal hurricane plans should be designed so you can take quick action when a storm is approaching and act effectively after. The most important thing is to build a plan based on your level of vulnerability. Your plan should help you answer questions such as: How can I protect and prepare my home for the storm? What items do I need to have in a disaster supply kit? Where will I go if I evacuate? What do I need to take with me? How will I get there? When will I leave?

Please use the reverse side as a guide in creating and preparing a natural disaster plan as well as important contact information. If you have any questions or concerns, do not hesitate to reach out to any of my offices.



CONGRESSWOMEN  
**STACEY E. PLASKETT**  
U.S. House of Representatives  
Washington, D.C. 20515

*Stacey E. Plaskett*  
M.C.  
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### STAY IN TOUCH WITH STACEY

**ST. CROIX OFFICE – 340-778-5900**

60 King Street, Frederiksted, VI 00840

**ST. THOMAS OFFICE – 340-774-4408**

9100 Port of Sale Mall Suite 22, St. Thomas, VI 00802

**WASHINGTON, D.C. OFFICE – 202-225-1790**

331 Cannon House Office Building, Washington, D.C. 20515

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# IMPORTANT THINGS TO KNOW BEFORE A DISASTER

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## MAKE AN EMERGENCY COMMUNICATION PLAN FOR YOUR FAMILY — KNOW EVACUATION ROUTES — ASSEMBLE DISASTER SUPPLIES — STRENGTHEN YOUR HOME

### A BASIC EMERGENCY SUPPLY KIT COULD INCLUDE THE FOLLOWING RECOMMENDED ITEMS:

- 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
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery
- Download the Recommended Supplies List (PDF)
- Additional Emergency Supplies

### CONSIDER ADDING THE FOLLOWING ITEMS TO YOUR EMERGENCY SUPPLY KIT BASED ON YOUR INDIVIDUAL NEEDS:

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lense solution
- Infant formula, bottles, diapers, wipes, and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

### PLAN AHEAD:

Dial **911** for Police, Fire and Medical Emergencies

### VITEMA

Virgin Islands Territorial Emergency Management

Agency: **340-774-2244**

email: @vitema.gov, www.vitema.gov

Sign up for important weather and emergency related alerts at: [www.vialert.gov](http://www.vialert.gov)

### NATIONAL HURRICANE CENTER

[www.nhc.noaa.gov](http://www.nhc.noaa.gov)

### VIRGIN ISLANDS WATER AND POWER AUTHORITY ST. CROIX

Electrical Emergencies: **340-773-0150** or **340-773-2250**

Water Emergencies: **340-773-3775**

### ST. THOMAS, ST. JOHN OR WATER ISLAND

Electrical Emergencies: **340-774-1424**

Water Emergencies: **340-775-5873**

Visit [www.ready.gov](http://www.ready.gov) for helpful tips