

**Weather Alert Radios
Pick One Up At Any**

H-E-B



4 ZONE WEATHER

Four news anchors: two men and two women, smiling and dressed in professional attire. They are positioned in front of a dark background with a map of Texas behind them.

THE MOST ACCURATE FORECAST WHERE YOU LIVE

NEWS 4 SAN ANTONIO

H·E·B



**EMERGENCY
PREPAREDNESS**

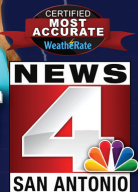
Hurricane Guide 2016



**4 ZONE
WEATHER**



**THE MOST
ACCURATE FORECAST
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2015 was a very active year for natural disasters in the State of Texas. The Memorial Day Floods on the Blanco River and in Houston were some of the most devastating flooding in the history of Texas and wildfires once again threatened the Piney Woods in Bastrop County with the Hidden Pines Wildfire. Emergencies and disasters come in many different shapes and sizes in the State of Texas and we should have a personal preparedness plan that addresses all hazards that could impact our lives.

A catastrophic hurricane making landfall along the Texas coast is the greatest natural threat the State of Texas faces each year. The social and economic impact of a catastrophic hurricane landfall is tremendous, not only in the immediate strike zone, but statewide. It is important that we prepare for the direct effects of a hurricane strike this year, and for cities and towns throughout inland Texas to prepare to receive those evacuees into their communities for shelter and refuge.

While hurricane activity over the past couple of years has been minimal for the State of Texas, we must remain vigilant and ready for the next inevitable storm. Complacency is the greatest enemy of preparedness and we must continue to be ready each year for the landfall of a hurricane...the consequences are just too great not to be prepared. This year, the forecast is projected to be a quiet hurricane season, with predictions of 7-9 named storms, 3-5 hurricanes, with 1-2 of those predicted to be a CAT 3 or higher. This hurricane season forecast is much like 1992, another forecasted quiet hurricane season. That year, the United States experienced Hurricane Andrew, the last CAT 5 land falling hurricane and the fourth costliest hurricane in history. The lesson Hurricane Andrew teaches us is that it just takes one.

H-E-B, the State of Texas, and local communities are all preparing to support their Customers and citizens during a hurricane. Your greatest chance of survival and success during an emergency is for you and your family to have an emergency preparedness plan that ensures you are ready for a catastrophic event and are out of harm's way.

This H-E-B Hurricane Guide will provide you with basic information and guidelines on preparing for the upcoming hurricane season. Here's what you need to do:

- Take time to read through this guide and understand what you are at risk for, then sit down with your family and develop a plan based on those risks. Once you have a plan, practice that plan.
- Build and maintain a personal emergency supply kit. This kit should include everything you need for three days, including water, food, basic first-aid supplies, a flashlight, a radio, a cell phone, and your medications.
- Make sure you have access to the latest information. Your local news and a NOAA Weather Radio are the best sources of information, but online sources such as Twitter and Facebook are great sources of information as well.

H-E-B is happy to provide you with this Hurricane Guide to help you through this year's hurricane season. Together, we plan and prepare to face whatever emergency comes our way.

Sincerely,

Justen Noakes
Director of Emergency Preparedness
www.twitter.com/hebprepared
www.facebook.com/hebprepared

Get Prepared

General

- Build a family emergency preparedness plan before June 1st. The Ready or Not? website (www.texasprepares.org) is a great resource for building your plan.
- Know the types of hazards that could affect your family and home. Are you susceptible to storm surge, wind damage or inland flooding?
- Network with neighbors and family members and make a phone list of cell numbers and out-of-town numbers so people can call loved ones after a storm.
- Determine evacuation routes from your home and pre-identify places to go. Tell family and friends your plan.
- Prepare an emergency disaster supply kit. Update its contents annually, replacing expired products.
- Prepare an emergency contact list, including phone numbers of doctors, pharmacies, utility companies, children's schools, and local emergency services.
- Learn your workplace policies and make copies of them to bring with you, including a workplace number to call when you return home.
- Mail copies of important paperwork to someone who lives outside of a hurricane zone.
- Have a plan for your pets and include items in your disaster supply kit to accommodate their needs.
- When a storm enters the Gulf, fill your fuel tanks, keep them topped off and stay tuned to NEWS 4 for storm tracking updates.

Emergency Disaster Supply Kit

- 7-day supply of water and non-perishable food
- Enough bottled water for one gallon a day, per person, for at least a week
- Manual can opener
- Portable, battery-powered NOAA weather radio, or television and extra batteries
- Flashlights and extra batteries
- First-aid kit and first-aid manual
- Matches in a waterproof container
- Cash or credit card
- Personal identification
- Extra set of car keys
- Map of the area and phone numbers of places you could go
- Special needs, such as diapers or formula, prescription medicine and copies of prescriptions, hearing aid batteries, spare eyeglasses and contact lens solution
- Cell phone and chargers



Preparing Your Home for Landfall:

- Landscaping - Keep trees and shrubbery trimmed. Cut branches and trees that could fall or bump against the house.
- Windows - Cover all large windows and patio doors with securely fastened storm shutters made from 5/8" thick plywood or greater; or install tested/ manufactured hurricane shutters.
- Doors - Use a security deadbolt lock with one inch minimum bolt throw length. Reinforce or replace garage doors with a hurricane wind load tested garage door.



- Roof - Use adhesive to attach decking to the rafters. If re-roofing, use extra 8d (8 penny) nails or #8 screws. Also, install roof covering shingles that are rated for hurricane force winds based on the manufacturer's recommendations and apply additional adhesives as needed. Brace gable end walls and roof trusses inside attic. Install hurricane clips/straps connecting roof rafters/trusses to the side walls.
- Walls - Check to see if the exterior walls are connected to the foundation properly if you have a wood frame house.
- If you have a manufactured home, check tie-downs.
- Purchase a generator and read all manufacturer instructions. Make sure you understand them and are able to follow them before using the generator, including never operating it inside your home or outside near an open window.
- Fill available gasoline containers and keep them full until the end of the season.



Insurance

- Before hurricane season begins, take time to meet with your local insurance agent to determine if your property and belongings are adequately protected.
- If you are susceptible to flooding, verify you have flood insurance and adequate coverage.
- Make a detailed inventory of all your belongings. A photographic record of all items is very valuable when it comes to fast settlement of claims.
- Assemble important paperwork and make sure you understand your insurance coverage.

Disaster Preparedness for Pets

Evacuation

- If you evacuate, take your pets! If it is not safe for you, it is not safe for them either. You do not know how long it will be before you are able or allowed to return to your home.
- Leave early to ensure safe and unrushed arrival to your destination. If you wait to be evacuated by emergency officials you may be forced to leave your pets behind.
- Determine where you will shelter with your pets ahead of time. Do not assume a shelter will allow animals. Call area hotels and motels to find out if pet rules will be waived for an emergency. Staying with family and friends outside the immediate disaster area is another more preferable option.
- Remember to bring your pet(s)'s disaster kit during evacuation.
- Keep dogs on leashes or in crates/carriers and cats in carriers.
- Make sure all pets are wearing identification.



Staying at Home

- If you choose to stay at home to weather the disaster, bring your pets inside immediately to prevent injury, running away, and undue stress.
- Find a safe place inside your home to stay together.
- Keep cats and dogs separate. The stress of the situation may create abnormal behavior.
- Keep small caged pets separate from cats and dogs.

Pet Disaster Kit Essentials

- Consult your veterinarian for a pet first aid kit.
- Assemble the below items in an easy-to-carry waterproof container:
 - Two-week supply of food (dry and canned) and water
 - Two-week supply of water in plastic gallon jugs
 - Cage/crate/carrier labeled with owner contact information and feeding instructions
 - Manual can opener
 - Copies of veterinary records and proof of ownership (picture of you with your pet)
 - Familiar comfort items like toys, blankets, and treats
 - Pet first aid kit
 - Diet and medication instructions as detailed as possible, including what not to feed if your pet has allergies
 - Litter, litter pan, and scoop
 - Plastic, sealable bags for disposing of solid waste
 - Muzzle
 - Newspaper for bedding and litter
 - Paper towels
 - Spoon
 - Regular size trash bags
 - Leash/collar/harness
- There should be one Pet Disaster Kit per pet
- Items should be refreshed (food, water, medications) as needed and according to expiration and freshness dates indicated on the items' containers

Storm Arrival

What actions to take when the storm is in the Gulf.

- Listen for official bulletins on NEWS 4, radio and NOAA weather radio.
- Fill your vehicle's tank with gas and check fluid levels.
- Double check your disaster supply kit; stock up on water and dry goods.
- Bring outdoor objects such as lawn furniture, toys, garbage cans, potted plants and garden tools inside.
- Prepare to shutter windows.
- Follow instructions issued by local officials. Evacuate immediately if told to do so.

Final Actions if Leaving.

- Turn off utilities if ordered to do so and turn main switch for the electricity to off.
- Turn off propane tanks.
- Unplug small appliances.
- Completely empty your refrigerator and freezer.
- Lower the water level in swimming pools by a foot to allow for heavy rains.
- Take pets with you.
- Lock home securely.
- Board up doors and brace garage doors.
- Take electronic and other water sensitive items off floor and set on counter or table.

Final Actions if Staying.

- Make sure you have all supplies necessary to survive on your own for a week or longer.
- Do not expect emergency responders to be of any assistance during a hurricane landfall.
- Stay inside your home at all times during the storm and away from windows and doors even if they are covered.
- Take refuge in a small ground floor, interior room, closet or hallway. Take a battery-powered NOAA Weather Radio and a flashlight with you.



After the Storm and Cleanup

Tips to remember when returning home.

- Contact your insurance company immediately.
- Stay away from all downed power lines.
- Do not dial 9-1-1 unless it is a life-threatening emergency.
- Do not report individual power, water, gas or phone problems.
- Do not drink tap water until you hear from officials that it is safe.
- Do not pile debris near power poles.
- If you smell gas, leave the area immediately and do not light matches or use any electronic devices.
- Wear protective clothing such as gloves, boots, long pants, and long sleeved shirts.
- Consider getting a tetanus shot if able.
- When possible, call your out-of-town contact and tell them that you are all right.
- Avoid driving.
- Use caution in approaching someone else's property; you could be mistaken for a looter.

Weather Terms

Hurricane: A cyclonic (counter clockwise) circulation with sustained winds of 74 mph or greater.

Hurricane Advisory: An early warning system from the National Hurricane Center that will prepare you for a hurricane strike well in advance of hurricane watches and warnings.

Hurricane Warning: This means that the storm has a great likelihood of directly affecting your area in 24 hours or less.

Storm Surge: A large dome of water up to 100 miles wide that sweeps across the coastline near where a hurricane makes landfall.

Storm Tide: A combination of the storm surge and normal tide.

Tropical Disturbance: A disturbed area of thunderstorms, tropical in origin, which is evident for 24 hours or more.

Tropical Depression: A cyclonic circulation with sustained winds up to 38 mph.

Tropical Storm: A cyclonic circulation with sustained winds of 39 mph to 73 mph.