



Important VA Sources of Information During Disasters

West Palm Beach VAMC

561-422-8262

800-972-8262

VISN 8

Information Hotline

877-741-3400

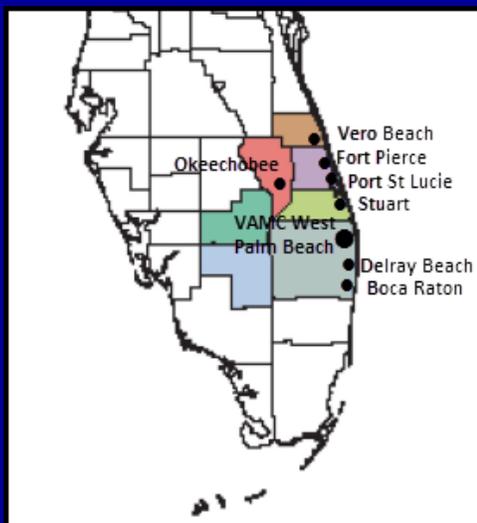
VA Veteran Helpline

800-507-4571

On-line at

www.westpalmbeach.va.gov

www.va.gov/emergency/



Hurricane Information Guide for Patients

WEST PALM BEACH VA MEDICAL CENTER | West Palm Beach, FL

Be Hurricane Prepared

Never underestimate the value of being prepared for a natural disaster. The VA is here to help you, but the West Palm Beach VA Medical Center and Community Based Outpatient Clinics are not emergency shelters. In the event of a major impact, the VA Community Clinics may be closed for extended periods of time. Take the time to prepare yourself and your family.

Veterans are advised to follow evacuation orders.

Personal Preparedness Checklist

Your personal preparedness should include enough supplies for about two weeks:

- **Water** – 18 ½ gallons of water per person (1/2 gallon for drinking, two gallons for bathing)
- **Food** – Ready to eat canned foods, shelf stable snacks, and beverages
- **Medicine** – Your prescription medication, first aid kit that contains aspirin, non-aspirin pain reliever, antacid, antiseptic, scissors, and insect repellent
- **Personal Hygiene/Care Items** - toilet paper, towels, soap, shampoo, dental needs, eyeglasses, and sun protection
- **Other supplies** – battery operated radio, flashlight and batteries, non-electric can opener, portable cooler and ice, plastic trash bags, tarp or sheet plastic, cleaning supplies such as bleach, paper napkins, plates and cups, pillows, blankets, and duct tape

Prescription Medications

- Keep a list of all medications in your personal preparedness kit.
- Keep a 15 day supply of medication and supplies on hand. Do not allow your supply to go below 15 days.
- For medications that require refrigeration, make sure you have a small portable cooler or ice chest ready for easy transport if needed.
- If you evacuate, bring prescription bottles, whether full or empty, of all medications that you are currently taking with you.

Follow Up Care and Scheduled Appointments

- If your VA appointments were cancelled, contact the West Palm Beach VAMC to be rescheduled at 561-422-6838.
- For urgent care needs that require continuing care while you are evacuated, contact any VA facility by calling 800-507-4571. Let them know that you were evacuated and that you usually receive care from the West Palm Beach VA Medical Center.

Your Pets

- It is important to have a preparedness plan for your pets. Know which shelters in your community will accept pets. If you plan to evacuate to your family's or friends' home, make sure they will accept your pets, too.
- Be sure to have supplies on hand like canned/dry food, newspapers, cat litter, and drinking water.
- Make sure your pets have an ID tag, collar and/or micro-chip in case they get lost during the storm.
- If you are taking your pet to a shelter with you, be sure to take supplies to care for your pet, such as food, health records, and a current license. Most shelters will require that your pet be kept in a cage or carrier.

For Help and Information

- www.floridadisaster.org
- www.redcross.org
- www.usa.gov
- www.fema.gov
- www.noaa.gov
- Your local government emergency management division

