

BEFORE, DURING & AFTER THE STORM

Stay ahead.

Storm planning works best when families know what comes next. This section turns the hurricane timeline into simple steps so your family can prepare early, stay calm during the storm, and recover safely afterward.

In this section:

-  Before hurricane season and monthly mini-prep
-  Seven days, 72 hours, 48 hours, and 24 hours before impact
-  Evacuation day and during-the-storm reminders
-  Power outages, flooding, and first 24 hours after the storm
-  Family debrief, storm tracker, and next-time improvements

READY TOGETHER MINDSET:

- ☒ Prepare early, not scared.
- ☒ Use official alerts, not rumors.
- ☒ Kids should feel included, not responsible.
- ☒ Small steps before the storm can reduce confusion after the storm.



KIDS4KIDS REMINDER:

Preparedness is not about making kids afraid. It is about helping the whole family understand the plan, trust the adults, and know what to do next.

Always follow official alerts and local emergency instructions.

Before Hurricane Season

Do these things before a storm is on the radar.

FAMILY PLAN

- ☐ Review the Quick Reference Guide on pages 1-15.
- ☐ Choose an out-of-town contact
- ☐ Confirm evacuation zone and shelter options
- ☐ Review school, sports, and activity pickup plans
- ☐ Choose a trusted adult youth can talk to if they feel overwhelmed



THIS MONTH WE WILL UPDATE:

EMERGENCY CONTACT:

ALERT SOURCE:

SUPPLY ITEM TO ADD:

COMFORT ITEM TO CHOOSE:

HOME & SUPPLIES

- ☐ Check flashlights, batteries, radio, and chargers
- ☐ Update medication list and refill plan
- ☐ Review pet plan and pet records
- ☐ Take home inventory photos or videos
- ☐ Start building toward a seven-day kit



SMALL WIN:

You do not need to buy everything at once. Add one supply item each grocery trip and review one planning page at a time.

Always follow official alerts and local emergency instructions.

Monthly Mini-Prep

A few small checks each month can prevent last-minute panic.

CHECK SUPPLIES

- ☐ Replace expired batteries
- ☐ Check flashlight/radio function
- ☐ Review food and water expiration dates
- ☐ Refresh pet supplies
- ☐ Check first aid and hygiene supplies

S	M	T	W	T	F	S

CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

UPDATE PLANS

- ☐ Update emergency contacts
- ☐ Review local alert sources
- ☐ Confirm evacuation destination still works
- ☐ Check medication refill dates
- ☐ Ask kids if comfort items changed



PRO TIP:

Keep a small “replace soon” list on your fridge or in your phone so you are not trying to remember everything at once.

MINI-PREP TRACKER

MONTH / COMPLETED BY

ONE THING WE CHECKED

ONE THING WE REPLACED:

ONE THING WE STILL NEED:

Preparedness is built one small step at a time.

Seven Days Before Possible Impact

Start watching, checking, and calmly getting ready.

WATCH & REVIEW

- ☐ Follow official forecasts and local alerts
- ☐ Review evacuation zone and route options
- ☐ Check school/work updates
- ☐ Confirm out-of-town contact
- ☐ Talk through the family plan calmly



PREPARE & REFILL

- ☐ Refill prescriptions if possible
- ☐ Start laundry and charge power banks
- ☐ Check water, food, and pet supplies
- ☐ Fill vehicle gas/charge EV as appropriate
- ☐ Ask kids what comfort items they want ready

OUR SEVEN-DAY FOCUS

OFFICIAL SOURCE WE ARE CHECKING:

SUPPLIES WE STILL NEED:

COMFORT ITEM REMINDER:



CALM CHECK:

Kids may hear storm updates before adults realize it. A simple "We are watching the forecast and we have a plan" can help reduce fear.

Always follow official alerts and local emergency instructions.

72 Hours Before

This is the time to organize, not panic.

FAMILY & HOME

- ☐ Pack or update go bags
- ☐ Gather waterproof document bag
- ☐ Bring in or secure outdoor items
- ☐ Confirm pet plan and pet supplies
- ☐ Check on nearby family or neighbors

FOOD & POWER

- ☐ Freeze water bottles if helpful
- ☐ Charge devices and power banks
- ☐ Prepare cooler/ice plan
- ☐ Review chilled medication plan
- ☐ Set aside simple food and snacks

WHO IS DOING WHAT?

ADULT CHECKING ALERTS:

ADULT GATHERING DOCUMENTS:

STUDENT HELPER TASK:

PET TASK:



STUDENT HELPER REMINDER:

Students can help pack simple items, charge devices, and check comfort bags.

Adults make safety and evacuation decisions.

Always follow official alerts and local emergency instructions.

48 Hours Before

Finish the big items and keep information calm and clear.

FINISH PREPARATION

- ☐ Complete essential shopping as early as possible
- ☐ Secure outdoor furniture, grills, toys, and trash cans
- ☐ Install shutters or window protection only when safe to do so
- ☐ Move important items higher if flooding is possible
- ☐ Place flashlights where everyone can find them



PROTECT CALM

- ☐ Limit repeated scary storm coverage for kids
- ☐ Give updates in simple, calm language
- ☐ Keep routines where possible
- ☐ Let kids ask questions
- ☐ Check in with teens without forcing conversation

48-HOUR NOTES

OFFICIAL ALERT CHECKED AT:

LAST-MINUTE SUPPLY NEED:

HOME ITEM TO SECURE:



PARENT/GUARDIAN TIP:

Use calm, clear sentences: "We are getting ready. Adults are watching official updates. You can ask questions whenever you need to."

Always follow official alerts and local emergency instructions.

24 Hours Before

The goal is to finish preparing and stay connected.

FINAL HOME CHECKS

- ☐ Finish outdoor/home safety tasks
- ☐ Keep phones and power banks charging
- ☐ Place shoes near sleeping areas
- ☐ Keep flashlights and radio accessible
- ☐ Set fridge/freezer plan and avoid unnecessary opening

FAMILY CHECKS

- ☐ Review where everyone will shelter or evacuate
- ☐ Confirm medications, documents, pets, and comfort items
- ☐ Text out-of-town contact with plan
- ☐ Download/save important information if possible
- ☐ Do one calming activity as a family

BEFORE BED / FINAL CHECK

OFFICIAL SOURCE CHECKED:

FAMILY PLAN REVIEWED BY:

SAFE ROOM/SHELTER PLACE

NEXT CHECK-IN TIME:

CALM ACTIVITY IDEAS:

- ☐ Cards or board game
- ☐ Music playlist
- ☐ Journal or drawing
- ☐ Movie already downloaded



KIDS4KIDS REMINDER:

Students can help by packing comfort items and asking questions. They should not be responsible for deciding whether the home is safe.

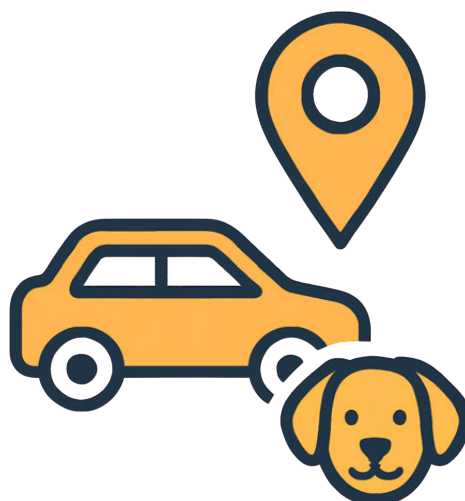
Always follow official alerts and local emergency instructions

Evacuation Day

If officials tell your area to leave, follow instructions and leave safely.

BEFORE LEAVING

- ☐ Bring people, pets, medications, documents, and go bags
- ☐ Take chargers, power banks, and printed directions
- ☐ Text out-of-town contact with destination
- ☐ Check fuel/EV charge and route updates
- ☐ Lock home and secure it only if there is time and it is safe



DURING TRAVEL

- ☐ Follow official routes and road updates
- ☐ Do not drive through floodwater
- ☐ Keep pets secured
- ☐ Keep kids' comfort items accessible
- ☐ Use calm updates instead of constant storm coverage



SAFETY FIRST!

Do not wait until roads are unsafe if officials have ordered your zone to evacuate. Follow local instructions.

EVACUATION DETAILS

DESTINATION:

BACKUP DESTINATION:

PRIMARY ROUTE:

BACKUP ROUTE:

OUT-OF-TOWN CONTACT NOTIFIED:

☐ YES ☐ NOT YET

Always follow official alerts and local emergency instructions.

During the Storm

Stay indoors, stay away from windows, and use calm activities when possible.

SAFETY STEPS

- ☐ Stay indoors unless officials tell you otherwise
- ☐ Stay away from windows, glass doors, and exterior rooms
- ☐ Use an interior room or safe shelter area
- ☐ Keep flashlights close and avoid unsafe flames
- ☐ Keep pets contained and nearby

CALM STEPS

- ☐ Use cards, books, music, drawing, or journaling
- ☐ Take breaks from storm coverage
- ☐ Let kids ask questions
- ☐ Use simple check-ins: "How are you doing right now?"
- ☐ Remind kids that adults are handling safety decisions

OUR DURING-THE-STORM LOCATION

ROOM/LOCATION

SUPPLIES NEARBY:

COMFORT ITEM NEARBY:

OFFICIAL ALERT SOURCE:

CALM ACTIVITIES WE CAN USE:



CALM CHECK:

A storm can sound scary even when your family is doing the right thing. Staying close to a trusted adult and knowing the plan can help.

Always follow official alerts and local emergency instructions.

The Eye of the Storm

If the weather suddenly gets quiet, the storm may not be over.

Sometimes the center of a hurricane can pass over an area and make the weather seem calmer for a short time. That does not mean it is safe to go outside. Dangerous winds may return quickly from another direction.

STAY SAFE

- ☐ Stay indoors until officials give the all-clear
- ☐ Keep pets and children inside
- ☐ Do not check damage during the eye
- ☐ Keep listening for official updates
- ☐ Keep flashlights and shoes nearby



WHAT ADULTS CAN SAY

- ☒ "It is quiet right now, but the storm may not be over."
- ☒ "We are staying inside until officials say it is safe."

FAMILY REMINDER

- ☐ The quiet may be temporary
- ☐ Windows, trees, wires, and debris can still be dangerous
- ☐ Adults should explain the situation calmly
- ☐ Kids can help by staying in the safe area
- ☐ Do not let curiosity overrule safety



SAFETY FIRST!

Do not go outside during the eye of the storm unless local officials specifically say it is safe.

Always follow official alerts and local emergency instructions.

If the Power Goes Out

Protect food, medical needs, devices, and calm.

FIRST STEPS

- ☐ Use flashlights instead of candles when possible
- ☐ Keep refrigerator and freezer doors closed
- ☐ Use phone battery-saving mode
- ☐ Check medical devices and backup batteries
- ☐ Report outage using official utility method if safe

FOOD & DEVICE PLAN

- ☐ Fridge can keep food cold about 4 hours if unopened
- ☐ Full freezer can hold temperature about 48 hours if unopened
- ☐ Half-full freezer can hold about 24 hours if unopened
- ☐ Use cooler/ice plan for critical chilled items
- ☐ When in doubt, throw unsafe food out

OUR POWER OUTAGE PLAN

POWER COMPANY/OUTAGE MAP:

MEDICAL EQUIPMENT BACKUP:

CHILLED MEDICATION PLAN:

FLASHLIGHTS LOCATED:

KID-FRIENDLY NO-POWER IDEAS

- ☐ Cards
- ☐ Books
- ☐ Drawings
- ☐ Downloaded music
- ☐ Journaling



PRO TIP:

Open the fridge/freezer as little as possible. Every opening lets cold air escape.

Ask medical providers about backup plans for refrigerated medicine and power-dependent equipment.

Flooding & Water Hazards

Water after a storm can be more dangerous than it looks.

AVOID

- ☐ Floodwater and standing water
- ☐ Downed power lines and anything touching them
- ☐ Storm drains, canals, and fast-moving water
- ☐ Driving through water-covered roads
- ☐ Letting children explore damaged or flooded areas



DO INSTEAD

- ☐ Wait for official all-clear before leaving shelter
- ☐ Use another route if a road is flooded
- ☐ Keep kids and pets away from standing water
- ☐ Wash hands after possible contact with stormwater
- ☐ Follow boil-water or water safety notices

LOCAL WATER UPDATES

WATER UTILITY ALERT SOURCE:

BOIL-WATER NOTICE SOURCE:

FLOODED ROAD INFO SOURCE:



WHAT NOT TO DO:

Do not drive through floodwater. It can hide road damage, move quickly, or be deeper than it looks.

Always follow official alerts and local emergency instructions.

First 24 Hours After the Storm



CALM CHECK:

After a storm, "safe" can still feel stressful. Kids may need adults to repeat the plan and explain what happens next.

Wait for the all-clear, check people first, and document safely.

PEOPLE & SAFETY FIRST

- ☐ Wait for official all-clear before going outside
- ☐ Check family members and pets
- ☐ Check medical needs and medications
- ☐ Text out-of-town contact that you are safe
- ☐ Keep kids away from debris, floodwater, and power lines

DOCUMENT & RECONNECT

- ☐ Take photos/videos of damage only when safe
- ☐ Save receipts for emergency expenses
- ☐ Check school/work updates
- ☐ Check utility and water updates
- ☐ Restart one simple routine if possible

YOUTH WELLNESS NOTE

Kids may need reassurance after the danger has passed. A normal meal, shower, text to a friend, or small routine can help.

FIRST 24-HOUR LOG

OFFICIAL ALL-CLEAR FROM:

FAMILY/PETS CHECKED

☐ YES ☐ NOT YET

MEDICAL NEEDS CHECKED:

☐ YES ☐ NOT YET

DAMAGE PHOTOS TAKEN:

☐ YES ☐ NOT YET

ONE ROUTINE RESTARTED:

Always follow official alerts and local emergency instructions.

First Week After the Storm

Recovery is practical, emotional, and often slower than people expect.

PRACTICAL RECOVERY

- ☐ Follow local guidance on roads, water, and debris
- ☐ Contact insurance or landlord when safe
- ☐ Save receipts and claim notes
- ☐ Check school reopening updates
- ☐ Restock supplies used during the storm

YOUTH RECOVERY

- ☐ Restart routines where possible
- ☐ Limit repeated scary media
- ☐ Let kids talk, draw, write, or take breaks
- ☐ Check on friends without forcing them to share
- ☐ Ask for adult/professional help if stress feels too heavy

THIS WEEK WE NEED TO

CALL/CHECK:

REPAIR/REPLACE:

RESTOCK:

ASK FOR HELP WITH:

ONE NORMAL THING WE CAN RESTART



KIDS4KIDS REMINDER:

Recovery is not only about homes and supplies. It is also about helping kids feel connected, seen, and less alone.

If someone may be unsafe or overwhelmed, tell a trusted adult immediately.

What Not To Do

Avoid the choices that can put people at risk.



SAFETY FIRST!

If there is immediate danger, call 911.
If someone may be emotionally unsafe, tell a trusted adult or contact crisis support right away.

SAFETY RISKS

- ☐ Do not drive through floodwater
- ☐ Do not touch downed wires or anything touching them
- ☐ Do not use a generator indoors, in a garage, or near windows
- ☐ Do not use charcoal or propane grills indoors
- ☐ Do not go outside during the eye of the storm



INFORMATION & EMOTIONAL RISKS

- ☐ Do not ignore evacuation orders
- ☐ Do not rely only on social media rumors
- ☐ Do not let kids explore damaged areas
- ☐ Do not open the fridge/freezer repeatedly
- ☐ Do not pressure anyone to “be fine” right away

FAMILY “DO NOT DO” REMINDER

ONE RULE WE NEED TO REMEMBER:

ONE HAZARD NEAR US:

WHO WILL REMIND YOUNGER KIDS:

Always follow official alerts and local emergency instructions.