



## Hurricane Disaster Information

LSUHSC – NO CM-51 Policy on Weather Related Emergency Procedures for LSUHSC–New Orleans  
<http://www.lsuhscc.edu/no/administration/cm/cm-51.aspx>

LSUHSC-NO Emergency Alert System <http://www.lsuhscc.edu/alerts/>

LA Citizen Awareness and Disaster Evaluation Guide – Southeast  
<http://www.lsuhscc.edu/emergency/SEHurriGuide.pdf>

### FEMA

<http://www.fema.gov/>

800-621-3362

Louisiana Governor's Office of Homeland Security & Emergency Preparedness

[www.ohsep.louisiana.gov](http://www.ohsep.louisiana.gov)

225-925-7500

Louisiana Spirit Coastal Recovery Counseling Program – this is a federally funded crisis counseling and stress management program for individuals, families and groups affected by the recent oil spill along the Louisiana Gulf Coast

<http://new.dhh.louisiana.gov/index.cfm/page/201>

American Red Cross – Great information for disaster relief, getting assistance, emergency messages, blood donations, local chapters and much more

<http://www.redcross.org/>

American Red Cross Southeast Chapter

[www.arcno.org](http://www.arcno.org)

504-620-3105

Louisiana Department of Social Services

[www.dss.state.la.us](http://www.dss.state.la.us)

225-342-0286

Salvation Army

[http://www.salvationarmyusa.org/usn/www\\_usn\\_2.nsf](http://www.salvationarmyusa.org/usn/www_usn_2.nsf)

Salvation Army New Orleans

4526 S. Claiborne Ave.

New Orleans, LA. 70125

504-891-1444



Department of Children and Family Services – Crisis intervention, disaster food stamp program and other information

<http://www.dss.state.la.us/>

LSUHSC Health Insurance Information (Employee)

<http://www.lsuhs.edu/no/administration/hrm/benefit/health.aspx>

Preferred Provider Organization [www.groupbenefits.org](http://www.groupbenefits.org)

HMO by Blue Cross / Blue Shield of Louisiana [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

LSU First Health Plan [www.mycigna.com](http://www.mycigna.com) or [www.lsufirst.org](http://www.lsufirst.org)

Consumer Driven High Deductable Plan [www.myuhc.com/groups/groups.do?employerLogin=laogb](http://www.myuhc.com/groups/groups.do?employerLogin=laogb)

LSUHSC Student Health Insurance Information

<http://www.bcbsla.com/Pages/Home.aspx>

### Home Disaster Kit Recommendations Include:

- Battery adapters: commercially available, these can convert battery sizes, in case of a battery shortage
- Extra cell phone batteries and a car charger.
- Water: at least one gallon per person, per day for three–seven days (for drinking, cooking and hygiene). You may also want to pack a water filter or water purification tablets.
- Food: non–perishable (tuna, granola bars, canned soups, dehydrated camping meals, MREs). Include a manual can opener. Consider stocking a few disposable charcoal grills, or a Hibachi and charcoal. Wind and waterproof matches, foil and Ziploc bags for storing food are helpful.
- First Aid Supplies: Band–Aids, gauze, bandage scissors, antibiotic ointment, Latex gloves, eye wash solution, aspirin or Ibuprofen, antacid anti–diarrheal medication, blister protection and a water purifier.
- Flashlight and extra batteries.
- Personal hygiene: hand sanitizer, moist towelettes, toilet paper, travel size shampoo, soap and deodorant.
- Radio: battery–powered, hand crank or solar – with a NOAA Weather alert
- Trash bags and plastic ties.
- Wrench and pliers (to turn off utilities)
- Medication for three to seven days.
- SPF lotion to prevent sunburn and additional health emergencies.
- Cooler for medication and perishable food.



## LSUHSC-NO Campus Assistance Program

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- List of out-of-state contact(s) and family physicians.
- Baby food and baby items (diapers, medication, bottles, clothing).

**Documents:** You should also have copies of certain documents including:

- Birth certificates/driver's license, military identification
- car registration and title
- copies of wills/ power of attorney/health care surrogate designation
- copies of credit card information
- medical/dental cards (including Medicare)
- passports
- property tax forms
- insurance policies
- recent pay stubs (in case you need unemployment benefits)
- social security cards
- recent tax returns

Have cash or traveler's checks since ATM machines may not work when the power fails.

**Backpack:** copies of documents, a water filter, matches, flashlight, radio, medication and emergency alert tags, your first aid kit and a list of physicians and out-of-state family contacts. You can also include granola bars, but put everything in watertight bags or containers.

**At Home:** To prepare your home for hurricane season, consider reinforcing your garage, front door and roof. You can also use special film on windows that holds shattered glass. You may also want to assess your yard and trim any limbs that could strike the house in a high wind. Consider bringing in yard ornaments and hoses during hurricane season and inspect your roof for loose shingles and nails.

If you lose power, turn your refrigerator and freezer to the coldest setting. Experts say this will keep food colder for a longer period. If you are unsure about food safety, check the FDA website

<http://www.fda.gov/Food/FoodDefense/Emergencies/FloodsHurricanesPowerOutages/default.htm>