

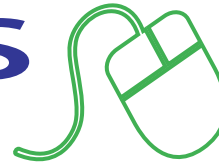
DURING A PANDEMIC



- > Get a Flu shot early in the fall. Contracting the flu could make you more vulnerable to getting COVID-19.
- > Practice social distancing. Stay 6 feet away from people who do not live with you.
- > Bring and face masks and hand sanitizer.
- > Because of COVID-19 there may be fewer spaces in the emergency shelter. Check the Pamlico County Government website <https://www.pamlicocounty.org/> If possible, stay with family, friends or at a hotel.
- > When arriving at a shelter and while there, immediately inform staff if you feel sick.



LINKS



- **Emergencies** dial 911
- **CodeRED** alert: To sign up, go to www.pamlicocounty.org, look for the icon **CodeRED** and click on it.
- **Pamlico Government Website** www.pamlicocounty.org. Updates of debris pickup, shelter info...
- **Pamlico Emergency Management** www.pamlicocounty.org or see their Facebook page.
- **Pamlico Emergency Hurricane Pet Shelter** www.pamlicocounty.org or see Pamlico Animal Control Facebook page
- **Disaster Preparedness/Recovery** <https://www.readync.org/>, <https://www.ready.gov/> and <https://www.ncdps.gov/ncem>
- **FEMA** phone number: 1-800-621-3362
- **NC211** – Information help line
- **24/7 Mental Health** hotline – Trillium Behavior Health 1-866-998-2597
- **Pamlico Health Department** 252-745-5111
- **ReadyNC.org** <https://www.readync.org/> or download **ReadyNC app** – Road, emergencies, openings, closings, and weather conditions ...
- **DOT Ferry and Roads** www.ncdot.gov and www.DriveNC.gov
- **Know your Zone:** Zone A & B - Low lying Flood Prone and Historical Flood areas, Zone C- Higher Elevation/ Non Historical Flood Areas <https://www.ncdps.gov/our-organization/emergency-management/emergency-preparedness/know-your-zone>
- **Duke Energy Carolinas** duke-energy.com Text OUT to 57801 or call (1-800-769-3766)
- **Tideland EMC** Tidelandemc.com 1-800-637-1079

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PAMLICO COUNTY

DISASTER RECOVERY COALITION

Prepare • Respond • Recover

Preparing Makes Sense. Get Ready Now.



Pamlico County Disaster Recovery Coalition
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Before A Natural Disaster

Plan ahead. The First 72 are on you. Help may be unavailable for at least the first 72 hours (3 days) after a hurricane or other disaster.

MAKE A PLAN

- Register phones with **CodeRED** alert at www.pamlicocounty.org for alerts regarding evacuation, shelter, help, boil water/low pressure advisories, debris pickup, other alerts...
- Visit <https://www.readync.org/> further advice on emergency planning and the **READYNC** app.
- **Safe Shelter – Have a plan in place for you!**
 - If possible, try to stay with family, friends or at a hotel. For health reasons, a hurricane shelter should be a family's last resort.
 - Typically, Pamlico County's hurricane shelter is at Pamlico Community College.
 - Listen to **CodeRED** alerts and check www.pamlicocounty.org regarding the location of the public hurricane shelter. Follow shelter and staff guidelines.
 - Plan how and where to evacuate and care for pets. A hurricane shelter may be available for household pets. A rabies certificate is required for each pet. Have leashes, collars, pet food, medications and water available.
 - Plan for removal of large animals from flood zones. For assistance contact 252-745-3203 animalcontrol@pamlicocounty.org.
 - Plan where to park vehicles out of the flood zone.
- **Medical**
 - Make a plan with a friend, relative or neighbor to check on each other.
 - Make a list of medications and emergency contacts and have medical records with you.
 - Make sure to have prescriptions and medical supplies to last 3 weeks or more (example-oxygen).
 - Wear medical alert bracelet.
 - Check your First Aid kit. In case you must evacuate, keep it within easy reach.
- **Household Preparations - Be Ready to Go!**
 - Keep some cash on hand, including small bills and change. ATMs and debit cards may not work.
 - Increase Trac phone minutes during the peak hurricane months of August- October.
 - Collect important documents and photos in one place for easy access: family records, insurance, medication and medical information, written list of phone numbers, pet records, financial and business records... **Store in easy to carry, waterproof containers.**
 - Gas up your vehicle, generator, chainsaw, lawnmower...
 - Water: You need at least 3-4 gallons of drinking water for each person (1 gallon per day per person). Fill bathtubs with water to flush toilets, but do not use for drinking.
 - Food kit: Electricity may be out. Have canned/dry non-perishable for people and pets.
 - Pack bedding, clothing and personal hygiene items in easy to carry waterproof containers.
 - Necessities: Cell phone with charger, can opener, flashlights, radio, batteries, toolbox, rope, fire extinguisher, whistle, books, latex gloves, toys and games for the kids, personal hygiene items, medications, insect repellent, cleaning supplies, bleach...
 - Minimize wind and flood borne debris damage by securing outside items including propane tanks.
 - In a flood zone, raise all chemicals and valuables in garages, workshops, and homes.



DURING A NATURAL DISASTER

- Follow instructions/warnings given through Pamlico County **CodeRED** alert.
- Do not drive or walk in flood water. You could be swept away, drown, contract a bacterial infection, or be electrocuted. **Turn around, don't drown!**
- Call or text your buddy regularly.
- Listen to local radio stations for updates.
- Be aware that electricity, water and cell phone may go out during or after a disaster. Use your emergency radio for information updates.

AFTER A NATURAL DISASTER

- The **First 72 are on you**. You might not have emergency services for at least 3 - 7 days.
- Follow the instructions given through the **CodeRED** alert system.
- Call or text your buddy to address self-care needs (physical, emotional, spiritual).
- Stay off roads until they are properly cleared and safe.
- **Do not** walk in water without waterproof protection. You risk bacterial infection or electrocution.
- Check the County website for Disaster Relief Distribution Center www.pamlicocounty.org
- If your property is damaged, take pictures, document details and contact your insurance company.
- Quickly care for wounds in order to prevent infections. If you see signs of swelling, redness, oozing from the wound or have a fever, seek **immediate** medical attention.
- If in a federally declared disaster zone, **contact and file with FEMA to register damage, whether you have been helped before or not and regardless of insurance or income**. It may later be important to you and to your community that you registered with FEMA. Always appeal if you are denied.