

## Emergency Preparedness Guide

PREPARED BY STUDENTS TO SUPPORT STUDENTS

Severe Weather: Flooding, Hurricane, Tornado

### Purpose

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The Emergency Preparedness Guide: Severe Weather serves to provide students with recommendations for how to best tend to their safety and well-being before, during, and following a weather event with potential for significant negative and/or widespread impact.

### Before

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- Never underestimate the storm, better to be safe than sorry
- Determine if you will stay or go and alert your family/friends accordingly
- Sign up for UTHHealth emergency text notification
- Consider investing in a large power bank, quality high amps battery charger to backup electronic devices
- Go to the store early to obtain non-perishable food (i.e. canned vegetables and beans, tuna, peanut butter, crackers, etc) and plenty of water
- Prepare a travel bag that includes water, disaster supply kit including a flashlight, batteries, cash, first aid supplies, medications, and copies of your critical information if you need to evacuate
- Have an evacuation route ready
- Freeze water to keep fridge cool
- Have candles and/or flashlights and batteries in case you lose power
- In preparation for water loss, fill-up the tub with water to be able to flush the toilet, wash dishes, etc.
- Check local weather frequently to remain aware of the storm as it develops
- Check UTH email frequently to stay abreast of updates

### During

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- Keep electronics charged in the event of power outage
- Stay up to date with news coverage to track progression of the storm
- Conserve food and water
- Avoid traveling in precarious conditions
- If there are reports of tornados, avoid windows and remain in a central location in your home

### After

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- Heed advice of local officials for updates and instructions
- Contact family/friends to verify their safety and notify them of your status
- Avoid walking/driving through flood waters as it could potentially be dangerous
- If you have been unharmed and are able to provide assistance to others, seek out volunteer opportunities
- Contact the Office of Admissions and Student Affairs at 713-500-5160 if you are adversely affected by a disaster
- Contact the Student Health & Counseling Services at 713-500-5171 to speak with a counselor if you are experiencing an emotional and/or mental impact

### Additional Resources

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<https://www.aamc.org/initiatives/preparedness/resourcesbytopic/>

<https://www.ready.gov/hurricanes>

<https://www.uthealthleader.org/story/hurricane-flood>