

The Greater Galveston-Houston region is no stranger to hurricanes, flooding, and other natural disasters. That's why being ready for the next disaster is crucial. Hurricane season begins June 1 and runs through November 30.



Catholic Charities wants to help you be prepared by making sure your disaster kit is stocked, evacuation plans are solidified, and – if it's safe to do so – you're ready to ride out a storm at home.

Here are some helpful tips and resources to keep you and your family safe and ready.

**O God, Creator of Heaven and Earth,** You command the seas to calm and they listen. As we enter Hurricane Season, keep Your Spirit of protection always around us, guarding us from all harm. We pray especially for those who will be in the path of a storm. Protect them from all ill, and bring us all safely through this season. We ask this in the name of the Father, the Son, and the Holy Spirit. Amen.



## WHAT YOU NEED IN YOUR KIT

A basic emergency kit should have the following items:

### Food and Water

- Food (seven days' supply, don't forget pets!)
- Manual can opener (for food)
- Plastic plates, cups and utensils
- Water (one gallon per person per day, for drinking and cleaning)

### First Aid and Hygiene

- First-aid kit
- Prescription and non-prescription medications
- Hand sanitizer
- Toilet paper, paper towels and garbage bags
- Dental care and vision care items
- Travel-size soaps
- Changes of clothes and shoes
- Sunscreen
- Insect repellent



**“Keep me safe, O God; in you I take refuge.”**

*Psalm 16:1*

### Lighting and Communication

- Battery-powered radio
  - Flashlight
  - Extra batteries
  - Whistle
  - Cell phones and chargers
  - Safety and Transportation
  - Cash
  - Important family documents in a waterproof container
  - Paper and pencils
  - Road maps
  - Books, games, or puzzles for children
- Remember to keep your kit updated, replacing expired food items and reconsidering your family's needs each year. The kit should be in a designated place that makes it easy to leave quickly, should you need to evacuate.

# EVACUATING DURING A HURRICANE

If local officials recommend evacuation for your community, you should have a plan for where you're headed, how you will get there, and where you'll stay.

Before an evacuation, identify several places you could go in an emergency, such as a friend or family member's home, a motel, or emergency shelters. Always follow the instructions of local officials, and have your emergency kit ready to go in the case that an evacuation is recommended or mandatory.

During an evacuation, leave as early as you can to avoid being trapped by traffic or the storm. Take your pets, but plan ahead to ensure they can stay with you wherever you're going. If time allows, secure your home and unplug electrical equipment, and check with neighbors who may need help. Drive safely and be courteous of others who are evacuating with you on the road.

Source: [ready.gov/evacuation](https://www.ready.gov/evacuation)

**“Rise up and help us; rescue us because of your unfailing love.”**  
*Psalm 44:26*

## RIDING OUT THE STORM: STAYING SAFE AT HOME

Be sure to always follow the recommendations of local officials when a storm is headed for your area. If it is deemed safe to shelter in place during the storm, here are some tips to help your family ride out the storm safely:

### Before the storm:

- Follow the guidance and messaging from local officials
- Check in with vulnerable neighbors
- Fuel vehicles and generators
- Cover windows with plywood
- Ensure your emergency supply kit is stocked
- Bring all outdoor furniture and other items inside
- Take pictures of items for insurance purposes
- Fill available containers and bathtubs with water

### During the storm:

- Turn off utilities if it is requested
- Remain indoors, in an interior room on the lower level of your house, away from windows
- Shelter under a sturdy piece of furniture to protect from falling debris
- Continue to monitor guidance from local officials and do not venture out until it is deemed safe to do so

### After the Storm:

When the storm has passed, continue to follow local guidance. If you evacuated, make sure it is safe to return before you venture home. Let friends and families know you are heading home and update them when you arrive. Charge devices and consider getting portable chargers in case power outages are ongoing.

If you rode out the storm at home, don't venture out until it is deemed safe to do so by local officials. Check on your neighbors, especially those who are vulnerable, and let your family know you're okay. Always remember to stay away from downed power lines and only use generators outside and away from your home.

Source: [readyharris.org](https://www.readyharris.org)



**Thank you, God,** for always watching over us and keeping us safe from harm. Help us to always turn to You in our times of need and to return to you in gratitude when our prayers are answered. Amen.



**“He hushed the storm to silence, the waves of the sea were stilled.”**  
*Psalm 107:29*

## Additional Resources

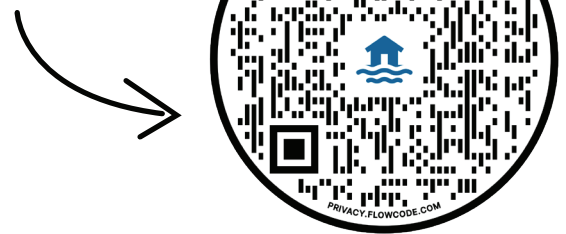
[nhc.noaa.gov](http://nhc.noaa.gov) (National Hurricane Center)

[NOAA.gov/Hurricane-Prep](http://NOAA.gov/Hurricane-Prep)

[Ready.gov/Hurricanes](http://Ready.gov/Hurricanes)

[readyharris.org](http://readyharris.org)

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**“(Jesus) said to them, “Why are you terrified, O you of little faith?” Then he got up, rebuked the winds and the sea, and there was great calm.”**  
*Matthew 8:26*



### OUR MISSION:

Guided by God’s love, Catholic Charities helps people in southeast Texas by providing caring, compassionate services and advocating for social justice in collaboration with parishes and communities.

### CONTACT US FOR MORE INFORMATION:

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