

WATER QUALITY

- Flooding can contaminate the fresh water supply. Do not assume that untreated water is safe to drink.
- Listen to public announcements about the safety of public water.
- Do not use contaminated water to wash dishes, brush your teeth, etc.
- Drink only boiled or uncontaminated water.
- Boil water for 10 minutes to ensure its safety.
- Treat water with chlorine or iodine, or mix 6 drops (1/6 teaspoon) of household bleach per gallon of water. Mix and let stand for 30 minutes. (Note: use caution with this method, as it will not kill parasitic organisms.)
- Containers of water should be rinsed with a bleach solution before using.

FOOD SAFETY

- Do not eat any food that may have come in contact with contaminated water.
- Discard any food not stored in waterproof containers if you believe it may have come in contact with contaminated water.
- Undamaged commercially canned foods can be saved by removing the label thoroughly washing the can with a solution of one cup bleach to 5 gallons of water. Make sure to write the contents of the can.
- Food containers with screw caps, twist tops, etc should be discarded if you believe they have come in contact with contaminated water.
- For infants, only use pre-prepared canned baby formula, do not use powdered formula with treated water.
- Your refrigerator will keep foods cool for about four hours without power if it is not opened.
- Thawed foods can be eaten if it is still “refrigerator cold” or refrozen if it still contains ice crystals.
- “When in doubt, throw it out.”

SANITATION AND HYGIENE

- Practice basic hygiene by washing your hands with soap and treated water.
- Don’t expose open cuts to floodwaters. Keep infections down with antibiotic ointments.
- Don’t allow children to play in floodwater areas.
- Wash children’s hands frequently (always before meals) do not allow them to play with toys that have been in contact with contaminated water.
- Toys can be disinfected by using a solution of 1 cup of bleach to five gallons of water.
- To control mosquito populations, drain all outside standing water left in open containers.

MENTAL HEALTH

Remember to take some time to consider your mental health, as the days following a hurricane can be quite stressful. Some sleeplessness, anxiety, anger, hyperactivity, depression, and lethargy are normal, and may go away with time. If you feel any of these symptoms acutely, seek counseling.

Children need extra care and attention before, during, and after the storm. Be sure to locate a favorite toy or game before the storm to help maintain his/her sense of security.

IMPORTANT

You should register with your embassy for the duration of your stay in Barbados.

- U.S Embassy (Barbados): 246-277-4000
- Canadian Embassy (Barbados): 246-629-3550
- World Embassies: www.embassyworld.com



DISASTER PLANNING COMMITTEE

HURRICANE SAFETY GUIDE



ROSS UNIVERSITY
SCHOOL OF MEDICINE

ABOUT HURRICANES

Hurricanes are very powerful storms that form at sea and produce sustained wind speeds of 74mph or higher. Present day weather systems are tracked by satellite from their inception, giving us the ability to provide some advance warning of an impending storm.

Ross University actively tracks all potential weather systems and will communicate the status of these storms by:

- Bulletins posted on campus boards
- Emails to faculty, staff, and students
- Verbal class announcements

Damaging winds, flash flooding and tidal surges all contribute to the destructive power of a hurricane. You should never ignore an evacuation order.

TERMS TO KNOW

Hurricane Watch: Hurricane conditions are possible within the specified coastal area. Because hurricane preparedness activities become difficult once winds reach tropical storms force, the hurricane watch is issued 48 hours in advance of the anticipated onset of tropical storm force winds.

Hurricane Warning: Hurricane conditions are expected in the specified area of the warning. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the hurricane warning is issued 36 hours in advance of the anticipated onset of tropical storm force winds.

Tropical Storm Watches and Warnings: Take these alerts seriously. Although Tropical Storms have lower wind speeds than hurricanes, they often bring life-threatening flooding and dangerous winds.

 **Please Note:** when it is determined that a hurricane threat is imminent, the campus will close.

PREPARING FOR A HURRICANE

You should prepare PRIOR TO hurricane season. During an imminent hurricane threat, campus closing will occur at least 12 hours before sustained winds of 58+ mph are expected in our location.

Hurricane readiness should begin long before the event occurs. Hurricane season in Barbados begins on June 1 and ends on November 30. You should prepare well in advance.

TO PREPARE YOU SHOULD:

- Evaluate the “survivability” of your current dwelling; speak with your landlord about preparation he/she may make in event of a storm.
- Speak to your neighbors and classmates about backup shelter that they or you may provide in the event one of your homes becomes uninhabitable.
- Adopt a “buddy approach” by identifying a friend(s) that you will be with during the storm
- Identify potential home hazards: gas, electricity, chemicals, etc.
- Make sure you understand how to shut off all your gas and utilities.
- Secure your important papers in watertight bags.
- Keep your vehicle gas tank full
- **Stock up on emergency supplies:**
 - 3 days supply of non-perishable food
 - First aid kit, water purifying supplies—chlorine
 - Iodine tablets or unscented household bleach, pet food
 - Baby food, batteries, flashlights, battery operated radio
 - Candles and matches, insect repellent/sunscreen
 - Personal hygiene items (soap, toothpaste, etc.)
 - Hammer and nails, clothing, boots, swimsuit, hat, glasses

BEFORE THE STORM

- Fill all clean water containers.
- Gather 3 day supply of food and water .
- Tune to the radio or television for weather updates.
- Secure any loose items around your home, which may cause damage.
- Cover windows and doors if possible.
- Fill sinks and tubs with an extra supply of water for washing.
- Disconnect appliances and gas to reduce risk of damage or fire.

 **Please Note:** If your home is not deemed hurricane worthy, contact RUSM Security at 235-9111

DURING THE STORM

- Beware of the calm due to the eye of the storm passing over, winds can resume within minutes of its passing.
- Monitor the radio or television for weather conditions if possible.
- Do not drive.
- Don’t make unnecessary phone calls.
- Expect the loss of electricity and other utilities.
- Prepare to evacuate to the shelter or neighbor’s home if your home is damaged or if you are instructed to leave by emergency personnel.
- Stay inside until all winds have died down and the official announcement says it is clear to leave where you are staying.

AFTER THE STORM

- Seek medical attention at the campus clinic, local clinic or hospital for any injuries you have received.
- Avoid downed power lines.
- After hearing on the radio that the campus is open, check in at front gate.