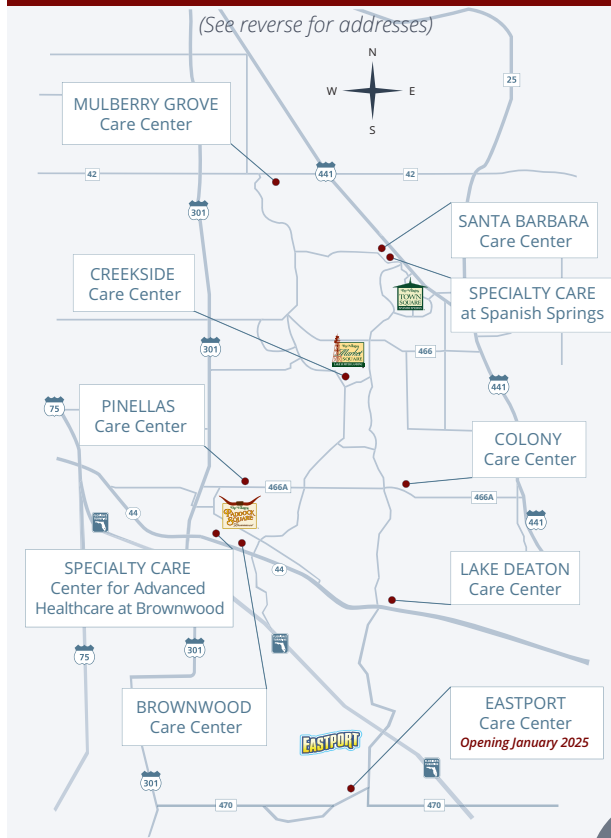


HELPFUL TIPS FOR HURRICANE SEASON

HEALTHY TIPS

- ✓ **Medical information on refrigerator**
(Details on conditions, RX, doctors names)
- ✓ **Make a "Health Kit"**
(Extra medications and prescriptions for 14 days)
- ✓ **Prepare emergency contact List**
(Family members, friends, neighbors, health care)
- ✓ **Monitor local weather news updates**
(Weather warnings, government orders)
- ✓ **Medical equipment backup plan**
(Especially for electrical equipment)
- ✓ **Know your evacuation route & shelters**
(Be familiar of nearest shelter, print out directions)
- ✓ **Keep medical documents handy and dry**
(Medical records, insurance cards, and ID cards)
- ✓ **Communication is key**
(Inform family, friends, neighbors and work about your condition and plans during and after the storm. Check in regularly)

THE VILLAGES HEALTH CARE CENTERS:



THE VILLAGES HEALTH SERVICES

For After Hours On-Call
- OR -

EZ Care Services - Creekside Care Center:
Saturday 9am - 5pm & Sunday 9am - 1pm
844-TVH-WELL (844-884-9355)

Sumter County Shelters: Sumter Fairgrounds, South Sumter High School, Wildwood Elementary, Webster Elementary, Center Hill Recreation Center, Wildwood Community Center (Special Needs)

THE VILLAGES HEALTH CARE CENTERS:

BROWNWOOD

2910 Brownwood Boulevard, The Villages, Florida 32163

COLONY

280 Farner Place, The Villages, Florida 32163

CREEKSIDE

1050 Old Camp Road, Building 100, The Villages, Florida 32162

LAKE DEATON

779 Kristine Way, The Villages, FL 32163

MULBERRY

8877 South East 165th Mulberry Lane, The Villages, Florida 32162

PINELLAS

2485 Pinellas Place, The Villages, Florida 32163

SANTA BARBARA

1575 Santa Barbara Boulevard, The Villages, Florida 32159

SPECIALTY CARE

Center for Advanced Healthcare at Brownwood
2955 Brownwood Boulevard, The Villages, Florida 32163

Specialty Care at Spanish Springs

1400 US Highway 441 North, Suite 810, The Villages, Florida 32159

Thank you for being a valued patient of The Villages Health. Take extra copies and share with a friend. We are currently welcoming new patients.

*Not a Patient yet?
Call today to find out how we care:
352-829-9096*



TheVillagesHealth.com/hurricane

READY SET KNOW

HURRICANE PREPAREDNESS GUIDE

THE HURRICANE SEASON RUNS
FROM JUNE 1 - NOVEMBER 30

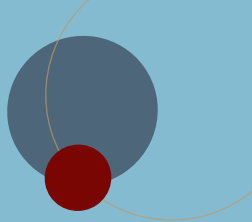
Here are some tips to help you prepare!

The Villages Health®

BE READY.

stay safe

In the event of inclement weather, The Villages Health will communicate with patients via email, text and phone if there are any impacts to our operations.



Helpful contact numbers for your county and state agencies that can help during hurricane season.

EMERGENCY CONTACTS

FEDERAL/STATE

Florida State Assistance Info Line: 800-342-3557

FEMA: 800-621-3362

Emergency Management

Florida Division: 850-815-4000

FL Department of Elder Affairs: 850-414-2000

FL State Number for Hearing Impaired:

TTY: 800-955-8771

Voice: 800-955-8770

American Red Cross: 800-733-2767

Poison Control: 800-222-1222

LAKE COUNTY

Sheriff's Office Info Desk: 352-343-9500

Elder Helpline: 800-262-2243

Emergency Management: 352-343-9420

Special Needs Shelter Registries: 352-742-4850

MARION COUNTY

Sheriff's Office: 352-732-8181

Senior Services: 352-620-3501

Emergency Management: 352-369-8100

Special Needs: 352-369-8136

SUMTER COUNTY

Sheriff's Office: 352-569-1600

Sheriff's Office – The Villages: 352-728-6909

Senior Services: 352-748-3411

Emergency Management: 352-689-4400

Special Needs Shelter Registries: Fax 352-689-4676

Be prepared, stay alert, and stay informed!

STORM CHECKLIST

- Build your Emergency Supply Kit
(Next page)
- Learn storm terms *(Watch versus Warning)*
(Tropical Depression, Tropical Storm, Hurricane)
- Have a plan in case of evacuation
(Low rise hotel, friends/relatives outside area, notify friends/family of your plans. Fill gas tank)
- Make accommodations for special needs
(Secure property, gather prescriptions)
- Keep your pets safe
(Most shelters do not take pets: check kennels, veterinarians, friends, or relatives)
- Secure your home
(Gather and install materials to secure your home, like plywood, duct tape, and sandbags)
- Store bottled water for drinking and cooking
(Water may be contaminated during or after the storm. Boil water for the first 72 hours after the storm or use bottled water)
- Keep nonperishable foods on hand
(If electricity has gone out. Have items on hand that won't spoil, need cooking, or refrigeration)

NONPERISHABLE FOODS

- Individually packaged drinks
- Bottled water
- Cereal, crackers, snacks
- Whole fruits and vegetables
- Dried fruit
- Canned goods - soups, canned meat, pudding
- Peanut butter & jelly
- Pet food
- Baby food
- Instant coffee & tea

Pack these items in case you need them during or after the storm, especially if power goes out.

EMERGENCY SUPPLIES KIT

- Emergency First Aid Kit & 14 days of medicine
- Water - 1 gallon per person/per day for 3 days
- Food - nonperishable canned goods
- Extra clothing, eyeglasses/contacts
- Ice chest and ice
- Toiletries (soap, shampoo, toothpaste, etc)
- Pillows, blankets, and sleeping bags
- Portable radio, flashlights, extra batteries
- Tools, nails, duct tape
- Disposable plates, glasses, and utensils
- Disposable washcloths and paper towels
- Trash bags, manual can opener
- Fuel can with fuel
- Mosquito repellent
- Battery powered lanterns
- Water for pets
- Protective rain gear, boots, and gloves
- Cash when electricity is out
- Vehicle cell phone chargers or power banks
- Emergency contact list
- Items for special needs (infants, disabilities)
- Insurance policy in waterproof container
- Freeze water in plastic jugs for power outages
- Store valuables in airtight storage bags

CALL US FIRST | 844-TVH-WELL (844-884-9355)