

EMERGENCY PHONE NUMBERS



Florida Emergency Information Line
800-342-3557

FEMA Disaster Assistance
800-621-3362

Florida, Power & Light (FPL)
(Power Outage) **800-468-8243**

Duke Energy (Power Outage)
800-769-3766

Orlando Utilities Company (OUC)
(Main & Power Outage-Orlando/Orange Co)
407-423-9018

Orlando Utilities Company (OUC) (Main &
Power Outage-St. Cloud/Osceola Co)
407-957-7373

Century Link (Tech Support & Repair)
800-788-3600

AT&T (Tech Support & Repair for phone,
internet and U-Verse) **800-288-2020**

Xfinity/Comcast Cable **800-934-6489**

American Red Cross **800-733-2767**

Orlando Citizen's Help line:
407.246. HELP (4357)

Orange County Emergency Management
407-836-9140

Orange County Animal Services
407-836-3111

What is Block Strong?

Block Strong is just what its name implies. It's an effort designed to make sure that everyone—consumers, construction professionals and designers understand the vital link between quality building materials and the health and safety of those people living in the homes

and structures that they design and build. But it's also an information source for aiding prospective



homebuyers in their search for knowledge as they go through the various steps of the home-buying journey. We are sure that once you've learned the facts, you'll wholeheartedly agree that concrete block construction is an easy choice and that "Life's Better With Block".



blockstrong.com



HURRICANE PREPARATION GUIDE — 2024 —



Prepare
before the
storm hits.

Determining water needs

Store at least one gallon of water per person per day for several days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary depending on age, health, physical condition, activity, diet and climate.



Water Tips

Never ration drinking water. Drink the amount you need today and find more tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.

Do not drink contaminated water or carbonated or caffeinated beverages instead of drinking water.



Water Storage

Buy commercially bottled water and store it in the sealed original container in a cool, dark place.



Boiling

If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water. Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate.



HURRICANE PREPARATION GUIDE 2024

Emergency food supplies



Consider the following: Ready-to-eat canned meats, fruits, vegetables and a can opener, protein or fruit bars, dry cereal or granola, dried fruit, canned juices, non-perishable pasteurized milk, high-energy foods, food for infants and comfort/stress foods.



Do not

- Eat foods from cans that are swollen or dented
- Eat any food that looks or smells abnormal
- Let garbage accumulate inside

Prepare a first aid kit

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 in)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approx 1 gm)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (1 gm ea)
- 1-3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5-3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- Emergency First Aid instructions



HURRICANE SUPPLIES KIT

