

**is for
Hurricane.**

Be ready. Be safe.



The 5 H's of Hurricane Season. Stay safe and healthy during hurricane season.

Here are 5 important steps to take for your safety.

Know the Hotline

- Emergencies: **Call 9-1-1**
- Non-emergency information: **Call 2-1-1**
- American Red Cross: **1-866-438-4636**

Protect your Health

- If you're a parent: Keep extra supplies on hand for your baby or children.
- If you're pregnant: Talk to your doctor about your care and delivery plan.
- If you're elderly or have a disability: Talk to your doctor about your plan. Also, line up help ahead of time from a family member or a caregiver.
- Keep your doctor's numbers and health ID cards with you at all times. Make sure your prescriptions are filled and up-to-date.

Prepare your Home

- Stock up: Have adequate first aid supplies, water, canned food, ice and clothing. If you have pets, stock up for their needs too.
- Stay tuned to your radio for official state evacuation information, so if you have to leave your home, you know when and where to go.

Avoid these Hazards

- Flooding: Know if you live in an area that's prone to flooding. Avoid driving through flooded areas.
- Downed power lines: Stay a safe distance away, especially if there is standing water — it may be electrically charged.
- Leaking gas: Avoid open flames or sparks. Call the fire department if you smell or suspect leaking gas.
- Unsafe water: Don't drink tap water until officials tell you it's safe.
- Carbon monoxide: Do not run a generator or use a charcoal grill inside your home or garage. Carbon monoxide gases can be deadly.

Ask for Help

- Let someone know your location: Stay in touch with someone outside the hurricane area. Give family and friends the phone number where you can be reached.
- Help if you can: Once you're safe, lend a hand to someone in need.
- Don't hesitate to ask a family member or neighbor for help, especially if you're elderly or have small children.



State health officials encourage Texans to prepare for the hurricane season by following three steps:

Make a plan. Decide as a family how you will get in contact with each other if separated, where you will go, and what you will do in an emergency. Know and practice evacuation routes.

Build an emergency supply kit. Gather food, water, and essential supplies for at least three days. Include medications and important documents.

Get informed. Sign up for warning alerts, download the FEMA app, and learn about how to prepare for different types of hazards.

Other resources

Get information on hurricane preparedness at [GetaGamePlan.org](https://www.getagameplan.org). You can sign up for text updates and get an app to help you plan.

No matter what, it makes sense to have a well-stocked first aid kit. Visit [redcross.org](https://www.redcross.org) for tips on making a kit.

For sample plans, disaster supply checklists, and more information on preparing for hurricanes and other emergencies, visit [texasprepares.org](https://www.texasprepares.org).

State of Texas Emergency Assistance Registry (STEAR)
www.dps.texas.gov/dem/stear/public.htm

Texas residents can dial **2-1-1** to learn about HHSC programs and services or visit [yourtexasbenefits.com](https://www.yourtexasbenefits.com).

Take the next step for your health.

UnitedHealthcare Community Plan provides one of the largest networks of physicians in the state of Texas. We're already helping thousands of Texans live healthier lives. We can help you, too.



For more information about UnitedHealthcare Community Plan, call **1-888-887-9003**, **TTY 711**, or visit [UHCCCommunityPlan.com](https://www.UHCCCommunityPlan.com).