

Weather Emergencies



BEFORE THE STORM

- Charge devices
- Fill gas tank
- Do chores that require water (laundry, dishes, shower)
- Set fridge/freezer to coldest
- Know your virtual health care options
- Refill prescription medications (if necessary)

EMERGENCY GO-BAG

(Don't Forget)

- Flashlight + batteries
- Phone charger/power bank
- Important documents (can save on thumb drive)
- First-aid kit
- Cash
- Extra medications

24/7 NurseLine

Nearest Urgent Care

Address: _____

Nearest Emergency Room

Address: _____

TRS Health Plan Prescription Customer Service

TRS Health Plan Medical Customer Service

GROCERY ITEMS

Focus on non-perishables with long shelf lives, high calories, and dense nutrients. Seasonings can also improve prepackaged foods.

- Canned vegetables, beans, proteins, soups, and milk
- Peanut butter
- Granola bars and trail mix
- Dried fruits and meats
- Apples and citrus fruits
- Potatoes, sweet potatoes, yams
- Sports drinks for electrolytes
- Pet food

DRINKING WATER

It's recommended to have one gallon of water per person per day. Make sure you account for pets in the household too.

HEAT EMERGENCIES:

In Texas, it might not always be a storm that knocks out the power. For extreme heat, make sure you know the signs of heat exhaustion and know when to get care. Also, there are extra items you can consider stocking.

- Battery operated fans
- Electrolyte powders
- Cooling neck towels

ADDITIONAL NECESSITIES