

**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 911**
- Non-emergency information: **Call 211**
- Governor's Office of Homeland Security & Emergency Preparedness: **225-925-7500**
- National Weather Service:
(New Orleans/Baton Rouge) **504-522-7330**
(Shreveport) **318-631-3669**
- 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.



Get more 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.

Take the next step for your health.

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



For more information about UnitedHealthcare Community Plan, call **1-866-675-1607, TTY 711**, or visit **UHCCommunityPlan.com**.



To enroll, call **1-855-229-6848, TTY 1-855-526-3346**, Monday through Friday, from 8 a.m. to 5 p.m. Or apply online at **healthy.la.gov** and choose UnitedHealthcare Community Plan, a Healthy Louisiana plan.