

Roadmap 2Ready



Hurricane Season and Disaster Readiness for Members

This **Roadmap2Ready** tool kit includes readiness tips and resources for Hurricane Season and other types of disasters. When we “Plan, Prepare, and Practice,” we can lessen the impact of a disaster events.

 [TrilliumHealthResources](#)  [@TrilliumNC](#)

Resources available 24 hours a day 7 days a week.

Trillium Health Resources Member & Recipient Services
1-877-685-2415

Hope4NC (activated after specific disaster declarations)
1-855-587-3463

National Suicide Prevention Lifeline
9-8-8

United Way of North Carolina
2-1-1

FEMA
1-800-621-3362

Mobile Integrated Care Units

Easterseals UCP Mobile Crisis
1-866-241-7245

Integrated Family Services Mobile Crisis Hotline
1-866-437-1821

Monarch Mobile Crisis
1-800-568-9689

Therapeutic Alternatives Mobile Crisis
1-877-626-1772

RHA North Carolina Mobile Crisis Management
1-844-709-4097

An important reminder

Hurricane Season began June 1 and ends November 30. To make sure you are ready now and not when a disaster arrives start making your plan by visiting [Ready.gov](#).



Red Cross recommends building two kits (a stay at home kit and an evacuation kit). Learn more about what should be included in your kits by visiting the [Red Cross](#) and [Ready.gov](#). Extra considerations may be needed when preparing a kit for an individual with a disability and information can be found at [Ready.gov/Disability](#).



All kits should include a one-month supply of medications and over the counter medications. A starter list for a kit includes: water and food, first aid kit, copies of important documents like passports, flashlight and batteries, hand sanitizer, and a face mask. Pack important documents such as financial, insurance, medical and other personal records.



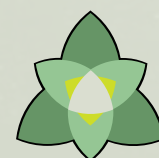
Stay informed about natural disasters and severe weather by visiting [CDC](#). [American Sign Language videos can be found on CDC](#) and [ReadyNC](#). The North Carolina Department of Public Safety website has live stream news conferences available in Spanish and American Sign Language. Download the FEMA app on your phone for updates.

Do you Know Your Zone?

In the event of an evacuation, it is important to **Know Your Zone**. This online tool helps to identify areas that are at the most risk for storm surge and flooding. Visit [ncdps.gov/KnowYourZone](#) to find your assigned zone and additional evacuation information.

1. Local governments in 21 North Carolina coastal counties have drawn predetermined evacuation zones to help streamline evacuation processes.
2. Local officials will determine which zones should be evacuated. Areas in Zone A will typically be evacuated first, followed by areas in Zone B, C, D, etc.
3. Share with your neighbors in person and on social media using their provided tools; the more people who know their zone, the smoother the evacuation process becomes.

In addition to knowing your zone, your county's Emergency Manager will work with local media to communicate evacuation instructions. Locate Emergency Shelters and register for alerts from your local government by visiting [ReadyNC](#). Evacuation recommendations include securing your home and having your emergency kits ready for use. Resources for protecting your home can be found on [ReadyNC](#).



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