

A Pediatric Hurricane Planner

Please remember these tips when preparing for your child's needs before a hurricane!

- ❖ Cornerstone Pediatrics will close its office on the business day 24hrs prior to a hurricane making local landfall. If you anticipate your child needing medical attention or prescription, contact us before this time.
- ❖ We will attempt to give prior notification to parents of cancelled appointments that may need to be rescheduled for after the hurricane. Due to power outages, should you have a previously scheduled appointment immediately after a storm strike, it is advisable that you call first to confirm our office is open for service.
- ❖ If you are leaving the area you may experience travel delays especially on a road trip. So pack adequate food, water, needed meds and other essentials.
- ❖ Be advised the potential for extended local power outages is very high for any area within 100 miles of an impending category 3 hurricane or higher. Therefore, when power outages do occur locally, many pharmacies, stores, and doctor's offices may not open for business.
- ❖ If your child's supply of prophylactics (maintenance medication for ADHD, antibiotics, respiratory meds, etc.) is running low, you should obtain a refill prior to a storm's arrival.
- ❖ Children on respiratory medications that are administered through electrically powered nebulizers, will need a prescription to convert their medication into a liquid suspension.
- ❖ Special precautions should be taken during a storm, when storing meds and feeding formulas that need refrigeration.
- ❖ Besides medications, don't forget to stock up on essentials like diapers, formula, milk and baby food if your child is dependent on these items.
- ❖ Maintain copies of essential prescription and immunization records in a sealed plastic bag, especially if you're traveling out of the area.
- ❖ If your baby is on formula, you may consider converting to a powder-based formula during a hurricane or during travel. When using powdered formula or powdered milk, remember to have sufficient bottled water supply for mixing it.
- ❖ Some children may experience complications to existing medical conditions or develop new medical problems due to stress and fear, or the heat and moisture present. Both are contributing factors to mold overgrowth.