



State Representative Chip LaMarca

Serving District 100

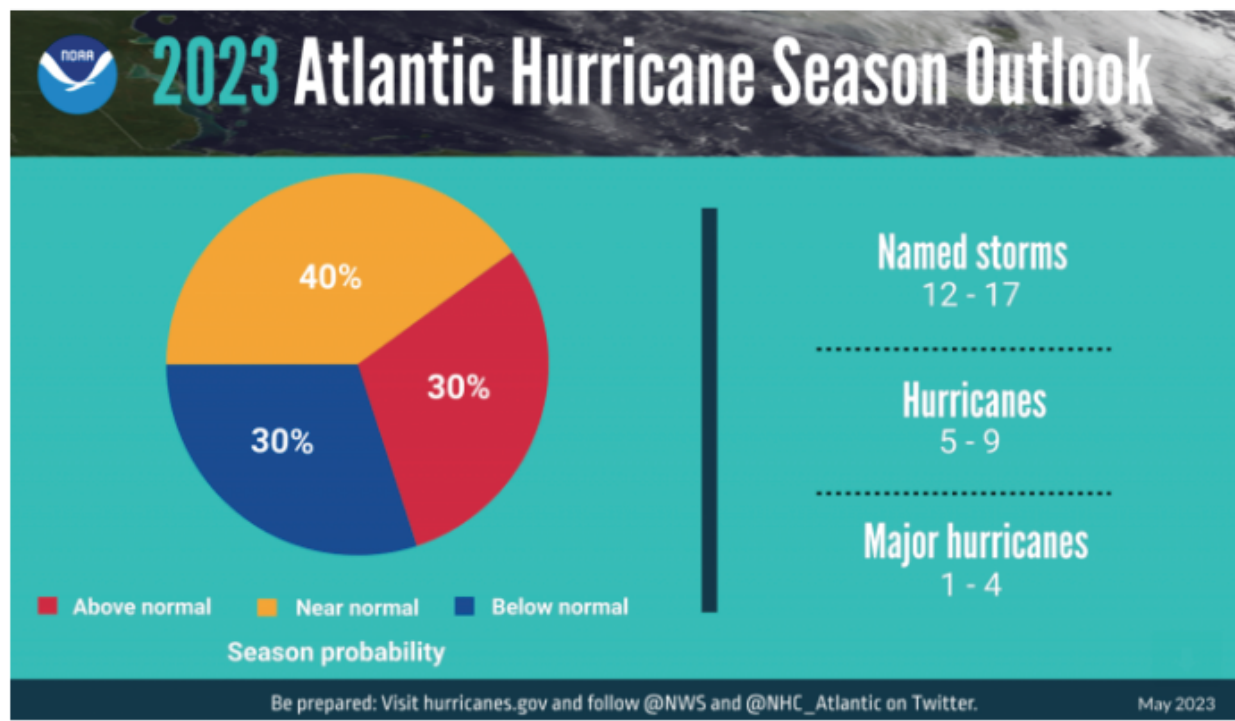


Deerfield Beach · Fort Lauderdale · Hillsboro Beach · Lauderdale-By-The-Sea · Lighthouse Point · Pompano Beach · Sea Ranch Lakes

The LaMarca Letter !


The 2023 Hurricane season begins today, June 1st and runs through November 30th. According to the NOAA, we are predicted to have a near normal hurricane season, due to El Niño.

As we have seen with many hurricanes over the years, it only takes one hurricane to cause widespread devastation. So regardless of the number of storms predicted this season, it is critical that we all understand the risk, and follow the evacuations as they are given by local officials.



Please be sure to have a several days worth of food, water, and supplies. I have provided the Florida Department of Emergency Management's checklist for easy access. For more information on how to prepare, [CLICK HERE](#).

P.S. Don't forget your four-legged family members!



DISASTER SUPPLY KIT CHECKLIST ☒

<h3>General</h3> <ul style="list-style-type: none"><input type="checkbox"/> Two week minimum supply of medication, regularly used medical supplies, and a list of allergies<input type="checkbox"/> A list of the style, serial number, and manufacturer information of required medical devices<input type="checkbox"/> Batteries<input type="checkbox"/> Flashlights <i>Do not use candles</i><input type="checkbox"/> NOAA Weather Radio <i>Battery operated or hand cranked</i><input type="checkbox"/> Cash <i>Banks and ATMs may not be available after a storm</i><input type="checkbox"/> Cell phone chargers<input type="checkbox"/> Books, games, puzzles or other activities for children	<h3>First Aid</h3> <ul style="list-style-type: none"><input type="checkbox"/> First Aid Manual<input type="checkbox"/> Sterile adhesive bandages of different sizes<input type="checkbox"/> Sterile gauze pads<input type="checkbox"/> Hypoallergenic adhesive tape<input type="checkbox"/> Triangular bandages<input type="checkbox"/> Scissors<input type="checkbox"/> Tweezers<input type="checkbox"/> Sewing needle<input type="checkbox"/> Moistened towelettes<input type="checkbox"/> Antiseptic<input type="checkbox"/> Disinfectant wipes<input type="checkbox"/> Hand sanitizer<input type="checkbox"/> Thermometer<input type="checkbox"/> Tube of petroleum jelly<input type="checkbox"/> Safety pins<input type="checkbox"/> Soap<input type="checkbox"/> Latex gloves<input type="checkbox"/> Sunscreen<input type="checkbox"/> Aspirin or other pain reliever<input type="checkbox"/> Anti-diarrheal medicine<input type="checkbox"/> Antacid<input type="checkbox"/> Laxative<input type="checkbox"/> Cotton balls<input type="checkbox"/> Q-tips	<h3>Important Documents</h3> <ul style="list-style-type: none"><input type="checkbox"/> Insurance cards<input type="checkbox"/> Medical records<input type="checkbox"/> Banking information<input type="checkbox"/> Credit card numbers<input type="checkbox"/> Copies of social security cards<input type="checkbox"/> Copies of birth and/or marriage certificates<input type="checkbox"/> Other personal documents<input type="checkbox"/> Set of car, house, and office keys<input type="checkbox"/> Service animal I.D., veterinary records, and proof of ownership<input type="checkbox"/> Information about where you receive medication, the name of the drug, and dosage<input type="checkbox"/> Copy of Will <p><i>*Items should be kept in a water proof container</i></p>
<h3>Phone Numbers</h3> <ul style="list-style-type: none"><input type="checkbox"/> Maintain a list of important phone numbers including: <i>County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family</i>	<h3>Food and Water</h3> <ul style="list-style-type: none"><input type="checkbox"/> Food <i>Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days</i><input type="checkbox"/> Water <i>1 gallon per person per day</i><input type="checkbox"/> Non-electric can opener<input type="checkbox"/> Paper plates<input type="checkbox"/> Napkins<input type="checkbox"/> Plastic cups<input type="checkbox"/> Utensils	<h3>Vehicle</h3> <ul style="list-style-type: none"><input type="checkbox"/> Keep your motor vehicle tanks filled with gasoline
<h3>Clothing</h3> <ul style="list-style-type: none"><input type="checkbox"/> Rain gear such as jackets, hats, umbrellas and rain boots<input type="checkbox"/> Sturdy shoes or boots and work gloves		<h3>Pet Care Items</h3> <ul style="list-style-type: none"><input type="checkbox"/> Pet food and water to last at least 7 days<input type="checkbox"/> Proper identification<input type="checkbox"/> Medical records/microchip information<input type="checkbox"/> A carrier or cage<input type="checkbox"/> Muzzle and leash<input type="checkbox"/> Water and food bowls<input type="checkbox"/> Medications<input type="checkbox"/> Supplies for your service animal
<h3>Special Needs Items</h3> <ul style="list-style-type: none"><input type="checkbox"/> Specialty items for infants, small children, the elderly, and family members with disabilities		<p>Find more disaster preparedness tips at FloridaDisaster.org</p>

As always, we thank CFO Jimmy Patronis for providing us with some important phone numbers and resources to be made aware of during this time of the year.

IMPORTANT NUMBERS



Insurance Consumer Hotline

1-877-MY-FL-CFO (1-877-693-5236)

Insurance Fraud Hotline

1-800-378-0445





ENSURE YOU ARE ADEQUATELY COVERED

The value of your home and possessions may have increased during the past several years, or you may have made improvements or purchased expensive items such as computers or major appliances.



PrepareFL

[WWW.PREPAREFL.COM](https://www.preparefl.com)



INSURANCE CONSUMER HELPLINE

1-877-MY-FL-CFO (693-5236)

Best Wishes ,

Representative Chip LaMarca
Florida House District 100