

It is Hurricane Season:

Safety and Prevention Tips for Migratory and Seasonal Agricultural Workers

Hurricanes are powerful and dangerous storms that can put at risk your safety, health, and life. They can damage your home, destroy crops, and make it harder for you to continue working in the field or get the help you need during this time. As a Migratory and Seasonal Agricultural Worker (MSAW), you may be more at risk during a hurricane if you live or work in rural or isolated areas.

This resource can help you prepare before a hurricane happens, by following simple steps to protect yourself, your family, your home, and your job.

Steps you can take to stay safe before a hurricane emergency:



Find weather alert sources you can trust in your preferred language

- You can find reliable information on local radio stations, TV news, or official websites online.



Plan how you will stay in touch with your employer, crew leaders, coworkers, family, and emergency services

- Write down their name, phone number, and address and keep it in a safe place.
- Keep extra phone batteries in case your cellphone battery runs out or the power goes out.



Protect your home or find shelter

- Check that your home is safe and you have the emergency supplies you need.
- If your home is not safe, ask someone you trust in your community, like a Community Health Worker, for help or check the local news or radio stations to find the nearest shelter.



Have an evacuation or escape plan in place

- Plan how you will safely leave your home or worksite, by car, bus, or with someone you trust.
- Gather important things, like documents, medicines, non-perishable food (food that does not spoil), water, and hygiene products. [Use the checklist on the next page to help you!](#)



Discuss with your employer how this could affect your work

- Know when to stop working if a hurricane is coming, how it might affect your pay, what to do after the storm, and whether you need to harvest crops or move animals beforehand.



Check the areas around you for anything that might be unsafe

- Watch out for dangers like flood water, trash, broken power lines, gas leaks, sharp tools, chemicals, or falling trees.



Know who can help in your community

- Health centers, churches, and other community places may help with free food, water, medicine, or a safe place to stay.



Hurricane Emergency Kit Checklist for Migratory and Seasonal Agricultural Workers



During hurricane season, experts recommend keeping enough supplies at home for several days. This usually means 3 to 7 days of water, food, personal items, and 30 days or more for some medications.^{1,2,3,4} Whether you stay at home or go to a shelter, it is important to be prepared with:

**Potable water
(safe drinking water)**

- 1 gallon per person each day
- Extra water for infants and pets

Hygiene products

- Soap
- Toothpaste and toothbrush
- Feminine products
- Face masks
- Gloves
- Toilet paper or wipes
- Hand sanitizer

First aid kit

- Gauze pads/ Bandages
- Adhesive tape
- Rubbing alcohol
- Antibacterial ointment
- Tweezers
- Thermometer

Clean clothes and closed-toe shoes

Cash

**Non-perishable food
(food that does not spoil)**

- Canned meats, fruit, and vegetables
- Granola bars
- Dried fruit
- Coffee
- Boxed juice and milk
- Baby formula

Medication

- Prescribed medicine (like insulin and other high blood pressure and diabetes medications)
- Over-the-counter medicine (like allergy and pain medication)

Important documents

- Identification card
- Passport
- Work permit
- Health insurance card
- Contact list for workplace, family, and emergency help

Flashlight, portable radio, extra batteries, and phone charger



To find your nearest health center or local support during this hurricane season, contact **NCFH's Call for Health Helpline**, by calling the number 1 (800) 377-9968 or sending a message via WhatsApp at 1 (737) 999-4162. Help is available in English and Spanish.



Don't wait until it's too late! Prepare now to keep yourself and your loved ones safe from hurricanes!



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