

How to Survive Natural Disasters in Katy

Helpful Disaster Supplies You Need

Regardless if it's a hurricane, tropical storm, or winter storm, here is a great list of helpful disaster preparation supplies ([Amazon list](#)) and hurricane supplies ([Amazon list2](#)). Most people will not have a budget to buy all of this at once, so try to buy one or two items every month or so, and within a year you will have a lot of supplies. I store all emergency supplies in one area. Non-food items can be stored in a large plastic container, in case you need to evacuate and take them with you.

>>See also: [20 Weeks to Preparedness](#) and [Katy Preparedness Guide](#)

Create an Emergency Binder and include this [Basic Preparedness](#) document. Also print out your email contacts (online address book) and evacuation route map and put in binder. Keep some emergency cash in the binder...in case the electric power goes out, ATMs don't work, and credit cards can't be used.

What To Do the Week Before a Disaster

For most disasters (hurricanes and winter storms) you will have advance notice. Essential items that you need to survive include water, food, lighting, cooking gear, and gasoline. Keep in mind that many of these items will not be available **AFTER** the disaster, so plan ahead.

Before a hurricane, winter storm, or other natural disasters, you should:

1. Store as much water as you can. Water may go offline or have a "boil notice" **after** a disaster, so store water in jugs, such as a [5 gallon collapsible storage](#), and [2 gallon container with spigot](#) (works great as an alternative faucet for washing hands). Bathtubs can be used as a last resort.
2. Fill up your car with gasoline, whether or not you plan to evacuate. Gasoline is often in shortage after a disaster. If you have a gas generator, get gas for that too. Use the Gas Buddy app to find gas after a disaster.

NOTE: Never run a car in a garage with the doors closed, because the exhaust can kill you and your family (carbon monoxide). The same goes for any combustible engine (such as a generator).

3. Buy non-perishable supplies at a grocery store at least 3-days in advance. Don't wait until last-minute when shelves will be empty. Perishable items are not recommended since they will spoil if you lose power for an extended period (and refrigerator doesn't work). Buy enough to last at least 1-week.

- | | |
|---|---|
| <input type="checkbox"/> Drinking water | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> Powder milk or other non-perishable milk (Horizon organic) | <input type="checkbox"/> Whole Wheat Crackers |
| <input type="checkbox"/> Coffee/Tea/Hot Chocolate | <input type="checkbox"/> Saltine Crackers |
| <input type="checkbox"/> Sugar/Honey | <input type="checkbox"/> Canned Tuna/Chicken |
| <input type="checkbox"/> Salt & Pepper | <input type="checkbox"/> Paper Plates & Cups |
| <input type="checkbox"/> Canned Stews and Soups | <input type="checkbox"/> Paper Towels |
| <input type="checkbox"/> Instant Soups | <input type="checkbox"/> Plastic Utensils |
| <input type="checkbox"/> Instant Oatmeal | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Granola Bars | <input type="checkbox"/> Dish Soap |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Aluminum Foil |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Batteries (AA and D) |
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Tabasco and Soy Sauce (optional) |
| <input type="checkbox"/> Baby supplies | <input type="checkbox"/> Pet supplies |

Other Helpful Shopping Lists:

- [Ready.gov](#)
- [Emergency Preparedness Shopping List](#)
- [Home Emergency Preparedness Shopping List](#)
- [Food and Water in an Emergency](#)

4. Make sure you have enough prescription medicines on hand.
5. Charge up all phones and devices. If you have battery backups, or chargeable radio/lanterns, then charge those too.
6. Familiarize yourself with all [evacuation routes](#) and shelters.
7. Wash clothes—you may not be able to do so after the storm.
8. Shower and wash hair—you may not be able to do so after the storm.
9. Download the Gas Buddy and Waze apps.
10. Sign up for Nextdoor in your neighborhood and all neighborhood Facebook groups. During Hurricane Harvey, social media posts had information up to 12 hours ahead of the county's emergency management system.
11. Freeze plastic bags of water to use for ice after storm.
12. Sign up for emergency alerts at [city](#), [county](#), and MUD websites.

>>See [Katy Road Conditions Map](#) or [Houston TranStar](#)

How to Prep Home for Hurricanes

1. [Get flood insurance](#) by May 1...it takes 30 days to go in effect and hurricane season begins in June.
2. Purchase [Hurricane Supplies](#) in addition to other emergency supplies. These supplies may be on short supply after the disaster.
3. Know how to turn off the electricity, gas, and water for your home.
4. Print a list of local emergency shelters.
5. Put all outdoor lawn furniture, potted plants, and items that may go airborne in high winds, in the garage.
6. Cover windows with plywood, if possible.
7. Unplug small appliances and propane tanks (gas grills).
8. Make sure all dogs and cats are wearing tags, in case they get lost.
9. Take detailed photos/videos of home and contents (internal and external) for insurance records.
10. You may want sand bags to seal doorways.
11. In an emergency, you can store documents and valuables in a dishwasher (which is waterproof when fully closed).
12. Move valuables upstairs or stack furniture on risers. Get items off the floor if flooding is expected.
13. Prepare a location under the stairs or inside an interior closet as a safety room if you can't evacuate.
14. You may need cleanup supplies: heavy duty garbage bags, ax/chainsaw, broom, mop, bleach (which doesn't kill mold on porous surfaces!), heavy duty gloves, and more ([see list](#)).

How to Prep Home for Hard Freezes and Winter Storms


1. Do not leave pets outside during a freeze; 35 degrees or below is dangerous for most mammals.
2. Cover delicate outdoor plants with bed sheets or fabric (better than plastic) and bring potted plants inside.
3. Disconnect water hoses from outside faucets and cover all faucets with [insulators](#) (cheap, easy to use, and available at Home Depot).
4. Winterize sprinkler system, it's very easy ([see video](#)).
5. Insulate all outside, exposed pipes.
6. Make sure you know how to turn off the "water main" in case a pipe bursts.
7. Drip water (size of angel hair pasta) at faucets at night, especially for kitchen and bathroom sinks that are on an **exterior wall**. Open the cabinet doors so warm air can get to pipes. If temperatures will be below freezing for more than 6 hrs then shut off water at the main, and open faucets in bathrooms and kitchen to drain lines. Leave faucets open until you open the water main again (when temperature gets above freezing or 33 degrees).
8. If you have a swimming pool, make sure you set the pump to run during the freezing temperatures...usually from 10 p.m. to 10 a.m. You want to keep that water flowing! If temperatures will be below freezing for more than 6 hours, then you may want to winterize your pool.
9. If heater goes out due to power loss, "seal" off one room in your house that is near an alternative heat source (fireplace or gas stove in kitchen). Use thumbtacks to hang blankets over doors and hallway entryways to keep cold air out and warm air inside. Keep all family members in one room to retain body heat in one place. Close doors to all other rooms in the house. If you will be using a fireplace*, make sure you have firewood or gel fuel on hand, but always monitor all open flame fires (don't sleep with unattended fire). Keep a fire extinguisher nearby. If using a gas stove in a kitchen, then make sure you have a lighter. **Make sure you have a carbon monoxide detector in the room.** Dress in warm layers and drink warm tea.

*NOTE: Make sure you have your [chimney cleaned](#) at least every 3 years...more often if you frequently use your fireplace. Creosote build-up and other issues can cause dangerous house fires ([read more](#)). Be safe!


Helpful Videos

Learn how to turn off water main, winterize sprinklers and pool, and more. Check out the videos on my Emergency Prep playlist here:


<https://youtube.com/playlist?list=PL6l6-5nmCmu-JCR0ye7oGEagpLLaOMhk8>

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WATCHED 5:59

How to Shut Water Off to Your House...MUST HAVE TOOL!
That Fix It Guy
- 


WATCHED 1:34

How To Turn Off the Water To My House - Dutton Plumbing | North Louisiana Counties
Dutton Plumbing, Inc.
- 


WATCHED 4:51

How Do I Turn Off the Water Main Supply to My House?
Roger Wakefield
- 


WATCHED 2:00

How to winterize your irrigation system in Houston, Texas
Save Water Texas Coalition
- 

WATCHED 1:45

How to Install a Faucet Protector Cover
HowToWith GEO
- 

WATCHED 3:49

Tips to keep pools, pipes protected during times of freezing temps
8 News NOW Las Vegas
- 

WATCHED 9:21

How To Winterize Your Inground Swimming Pool
Pool Warehouse

If You Need Emergency Restoration or Plumbing

Howell Services
281-232-5292
<http://www.howell-services.com/>

Kathy & Lane
281-565-5636

Layne Plumbing
281-980-6265

Francis Emergency
Plumbing
346-567-8668

Katy Plumber
281-391-2001

Emergency Home
Plumbing
346-708-6298

Servpro
281-342-5326

Roto-Rooter
713-470-0080

More checklists: [Primal Survivor Website](#)