

HURRICANE SAFETY TIPS

Save the Children's [emergency response](#) experts have compiled ways to prepare for a hurricane and stay safe during a hurricane to help protect your children from distress during and after disasters.

1

Talk to your children about hurricanes.

Explain to your child what could happen in the event of a hurricane, using simple, consistent, and age-appropriate words. Outline a family emergency plan for hurricanes, with an evacuation plan and meeting location and emphasize that their safety is your utmost priority.

2

Prepare a “to-go bag” for each child in the family ahead of time.

The bag should contain essential personal items, including:

- Contact and medical information
- A flashlight with extra batteries
- A favorite stuffed animal or comfort item
- A blanket
- Hygiene supplies including a toothbrush, comb and washcloth
- Hand sanitizer, or bar or liquid soap



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3

Practice evacuation drills.

Once you've created your hurricane evacuation plan and talked with your children about it, it's time to practice. Be sure to run through different scenarios – at home, at school and at other places you visit often (like a grandparent's house, or a second home). When planning your evacuation route, remember that bridges may be washed out and low-lying areas may be flooded.



4

Learn your child's school or child care disaster plans.

If your child attends school, daycare or an after-school program, ask for the facility's hurricane emergency plan. Learn their procedures for evacuation, notifying parents and if there is an alternate pick up location.

5

Evacuate if instructed to do so.

If you are [instructed to evacuate](#) by local authorities, be sure to know your state and local plans by visiting your state and county emergency management websites.

6

Stay indoors, if not evacuated.

If you aren't advised to evacuate, or are unable to do so safely, stay indoors, away from windows, skylights and doors. Continue to monitor weather reports and don't go outside until the storm has passed. Downed trees, live electrical wires and other hazards can crop up unexpectedly.



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7

Keep routines.

Children experience comfort from rituals and routines, like a story before bedtime or a family meal each evening. If at all possible, keep these routines or return to them as quickly as possible.

8

Role model and listen.

Remember, children look to you and pick up on your moods and cues. Let your children know that it's okay to be sad or scared but do your best to reassure them that they're safe.

Although the dangers of a hurricane are very real, your child's fears may be out of proportion or unrealistic. Take the time to talk to them and hear their concerns.

9

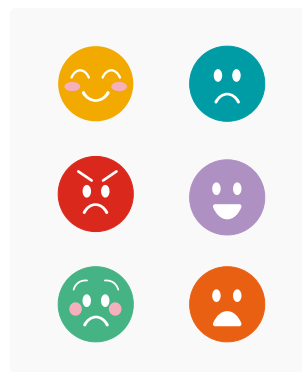
Limit media.

Even the mildest of storms can be sensationalized on news and weather channels. Children of all ages can be disturbed by intense images online and on TV, so monitor their media intake.

10

Watch your child for changes in behavior, sleeping patterns, or eating habits.

Children may be afraid or anxious for a while after the hurricane. If changes in behavior do happen, they will likely lessen within a short time. However, if they continue, you should seek professional help and counseling



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WHAT TO KNOW ABOUT THE 2026 HURRICANE SEASON

When is the 2026 Atlantic Hurricane Season?

The 2026 Atlantic hurricane season starts on June 1 and runs through November 30.

2026 Hurricane Names

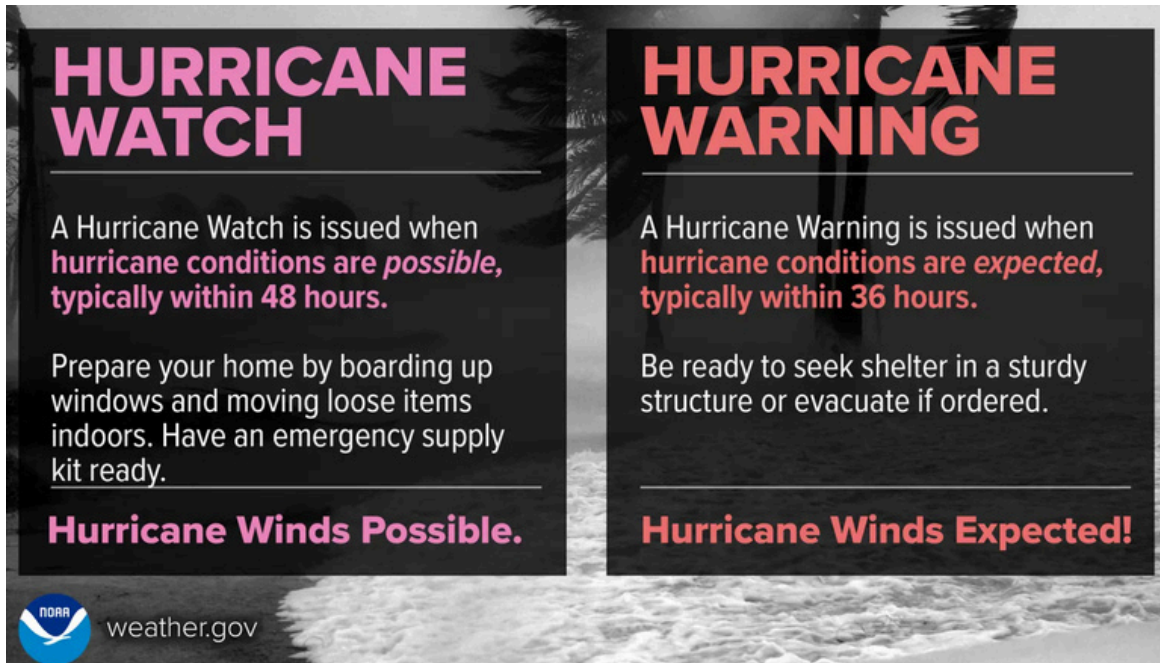
- Hurricane Arthur
- Hurricane Bertha
- Hurricane Cristobal
- Hurricane Dolly
- Hurricane Edouard
- Hurricane Fay
- Hurricane Gonzalo
- Hurricane Hanna
- Hurricane Isaias
- Hurricane Josephine
- Hurricane Kyle
- Hurricane Leah
- Hurricane Marco
- Hurricane Nana
- Hurricane Omar
- Hurricane Paulette
- Hurricane Rene
- Hurricane Sally
- Hurricane Teddy
- Hurricane Vicky
- Hurricane Wilfred



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What is the difference between a hurricane watch and a hurricane warning?

If a hurricane watch or warning is issued in your community, it's important to understand the difference, as it will determine your next steps. Local officials may direct you **to immediately leave the threatened area** if a hurricane warning is issued.



Infographic courtesy of: weather.gov and The National Weather Service

Hurricanes, Cyclones and Typhoons: What's the Difference?

Hurricanes, tropical cyclones and typhoons are all similarly destructive windstorms but are called different things based on their geographic location.

Hurricane: North Atlantic and Northeast Pacific oceans

Cyclone: Northwest Pacific Ocean

Tropical Typhoon: South Pacific and Indian oceans

The term 'hurricane' is used in the North Atlantic and Northeast Pacific oceans. In the Northwest Pacific Ocean, we use the term 'typhoons,' while the term 'tropical cyclone' refers to the South Pacific and Indian oceans.