



Guam Behavioral Health and Wellness Center



Emergency Checklist in Preparation for a Typhoon:

1. Fill vehicles up with fuel
2. Attain enough fuel for generators
3. Clean yard of potential debris
4. Stock up on non-perishable foods (i.e. can goods, crackers) for a minimum of three (3) days
5. Adjust refrigerator and freezer to highest temperature to preserve perishable foods (avoid opening in order to preserve)
6. Stock up on drinking water for a minimum of three (3) days
7. Fill containers with non-potable water for several days
8. Obtain manual can opener, batteries, flashlights, and battery operated radios
9. Secure windows; put up or close shutter
10. Remove or secure window air conditioners
11. Obtain adequate inventory of prescription and non-prescription medications, personal hygiene items, and First aid kit
12. Have rags ready for slow leaks of wind driven water