

PURSUIT

JULY 2019

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Hurricane Season Count: One Month Down, Five More to Go

Natural disasters occur everywhere. It could be snow storms, earthquakes, tornadoes or floods. In Florida, we have hurricanes—a whole season of them. The season began June 1 and runs through Nov. 30. If you haven't put your hurricane kit and family plan together yet, now is the time! With luck you won't need them. But if you do, you'll be ready.

Sometimes, it's what happens after the hurricane that causes the most problems. Water and power can be out for weeks. Storm surges can cause inland flooding. Downed power lines can be dangerous. You could be in for a long recovery.

Make sure you have enough supplies for each family member for at least a week. Planning now takes the guesswork out of what to do when an emergency happens. Some questions to consider are: Does your family have any needs for special transportation or medical equipment? Do you have pets? Have you thought about special needs for babies and seniors?

If you need to evacuate, seal



your cash and important papers (birth certificates, deeds, titles, insurance policies, etc.) in a plastic bag to take with you. It's also a good idea to keep the gas tank full.

Last but not least, share your plan with your family. Let everyone know their role and what to expect. Make sure everyone in your family knows:

- How you will talk to each other and where you will meet if you're separated
- How you will get emergency alerts and warnings
- What your evacuation plan is
- What your shelter plan is

Hopefully, you won't need to use your plan, but if you do, your family will have its best chance at staying safe.

Resources:

www.ready.gov/hurricanes;

www.fema.gov

Hurricane Kit Supplies



The list below has the basic supplies for an emergency kit. Click [here](#) for a complete checklist.

- non-perishable food
- water (a gallon per person per day)
- prescription medicines
- battery-operated radio
- flashlights
- batteries
- first aid supplies
- a crank- or solar-powered charger for cell phones
- coolers and ice packs
- candles
- matches
- a grill and fuel (charcoal or gas)
- utensils
- sanitation supplies and
- a fire extinguisher

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Water Is Vital to Your Well-being

How important is water? Humans can last about three weeks without food, but only three to five days without water. Your body needs water to break down food, for your blood to flow and to burn energy. Water also helps your body get rid of waste, helps your joints to move and keeps your body temperature in check.

More than two-thirds of Americans have mild, chronic dehydration. When you don't drink enough water, you can feel it. You get confused and forget things, or make mistakes with basic math. You can also feel faint and suffer from headaches or muscle cramps.

A good place to start is by making sure you drink at least eight 8-ounce glasses of water a day. You may need to increase this if you are:

- Exercising
- Working or playing outside
- Pregnant
- Elderly

You're well-hydrated if your urine is colorless or light yellow and you need to empty your bladder every two to four hours. Keep in mind that some medications can affect the color of your urine.

Do other drinks count? While water is the best choice, unsweetened coffee and tea do count toward your water intake. Just be careful of added cream and sugar. Try adding fruit slices, cucumber or mint to water for flavor. Also, some foods, like fruit, vegetables, yogurt and soups, have a high water content.

The key is to pay attention and drink water throughout the day. Staying hydrated is vital for your best performance and survival.

Resources:

www.weather.gov;

www.ncbi.nlm.nih.gov;

www.osha.gov;

www.mayoclinic.org

Watermelon Gazpacho

Ingredients:

- 1 large tomato, pureed
- ½ serrano chile
- 2 cups cubed fresh watermelon
- 1 teaspoon red wine vinegar
- ¼ cup extra-virgin olive oil
- 1 tablespoon minced red onion
- ½ cucumber, seeded and minced
- 2 tablespoons minced fresh dill, plus more for garnish
- Kosher salt and freshly ground black pepper
- ¼ cup crumbled feta cheese

Directions

In a blender, puree the tomato, chile and ½ of the watermelon. Pour in the red wine vinegar and olive oil, and pulse. Add the onion, cucumber and dill, and season with salt and pepper. Puree until smooth. Pour into chilled bowls and sprinkle with dill, feta and remaining watermelon. Serve.

Recipe courtesy of [The Food Network](#); for nutritional information click [here](#).



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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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