



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Natural Disasters and Severe Weather

Preparing for Hurricanes During the COVID-19 Pandemic



Planning for hurricane season and other potential disasters can be stressful, and because the 2020 hurricane season comes during the [COVID-19 pandemic](#), it may be especially so.

Public health and emergency response professionals have advice to help you safely prepare, evacuate, and shelter for severe storms while protecting yourself and others from COVID-19. Here are some tips to help you and your family stay safe during hurricane season this year.

Prepare for hurricane season



- Understand that your planning may be different this year because of the need to protect yourself and others from COVID-19.
- Give yourself more time than usual to [prepare your emergency food, water, and medicine supplies](#). Home delivery is the safest choice for buying disaster supplies; however, that may not be an option for everyone. If in-person shopping is your only choice, take steps to [protect your and others' health when running essential errands](#).
- Protect yourself and others when filling [prescriptions](#) by limiting in-person visits to the pharmacy. Sign up for mail order delivery or call in your prescription ahead of time and use drive-through windows or curbside pickup, if available.
- Pay attention to local guidance about updated plans for evacuations and shelters, including [potential shelters for your pets](#).
- If you need to evacuate, prepare a "go kit" with [personal items](#) you cannot do without during an emergency. Include items that can help protect you and others from COVID-19, such as hand sanitizer, or bar or liquid soap if not available, and two cloth face coverings for each person. Face covers should not be used by children under the age of 2. They also should not be used by people having trouble breathing, or who are unconscious, incapacitated, or unable to remove the mask without assistance.
- When you check on neighbors and friends, be sure to follow [social distancing](#) recommendations (staying at least 6 feet, about 2 arms' length, from others) and [other CDC recommendations](#) to protect yourself and others.
- If you need to go to a disaster shelter, follow CDC recommendations for staying safe and healthy in a [public disaster shelter](#) during the COVID-19 pandemic.

Stay safe after a hurricane

In addition to following guidance for staying safe and healthy [after a hurricane](#), note that:

- You should continue to use [preventive actions](#) like washing your hands and wearing a [face covering](#) during clean up or when returning home.
- It may take longer than usual to restore power and water if they are out. Take [steps to prevent carbon monoxide poisoning](#) if you use a generator.
- If you are injured or ill, contact your medical provider for treatment recommendations. Keep wounds clean to prevent infection. Remember, accessing medical care may be more difficult than usual during the pandemic.
- Dealing with disasters can cause stress and strong emotions, particularly during the COVID-19 pandemic. It is natural to feel anxiety, grief, and worry. [Coping with these feelings and getting help](#) when you need it will help you, your family, and your community recover.
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the [Substance Abuse and Mental Health Services Administration](#) [page](#).

For more information

- [CDC: Coronavirus Disease 2019](#)
- [CDC: Prepare your health for the 2020 hurricane season](#)
- [National Weather Service: Prepare for Hurricane Season 2020](#) 
- [Ready.gov: Hurricanes](#) 

Page last reviewed: May 6, 2020

Content source: National Center for Environmental Health (NCEH), Agency for Toxic Substances and Disease Registry (ATSDR), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), National Center for Birth Defects and Developmental Disabilities (NCBDDD)