

1: Hurricane Symbol Images, Stock Photos & Vectors | Shutterstock

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In New York, 48 people died; in New Jersey, 12; in Connecticut, 5; in Pennsylvania, 2; and five spread out across other states. On October 26, Sandy was officially designated a Category 1 hurricane, reaching wind speeds of 80 mph. Force winds extended miles out from the center of the hurricane, rendering Sandy much larger than other, similar storms. Even with plenty of advance warning, the sheer power unleashed by natural forces is hard to comprehend, let alone survive. In the aftermath of an event like Hurricane Sandy, survivors are left without homes, jobs, and sometimes family members or close friends. The loss of a childhood home or items of sentimental value can be a source of deep pain, as such mementos can never be replaced. A lot of people are able to pick the pieces of their lives back up and move on. They still carry some scars of the disaster, but with the help of friends and family and maybe some professional help, and the passage of time, they are able to process their losses. However, an equally large number of people may find it much harder to come to terms with their losses. If such people have a history of anxiety, depression, substance abuse, or similar mental health concerns, the stress reactions caused by natural disasters like Hurricane Sandy cannot be easily processed. For months, years, or even decades after the fact, they are still vividly haunted by everything they went through, so much so that their daily life becomes regularly and significantly impeded. The following are some ways that this might manifest: Repeated and intrusive memories of the event, causing physical stress reactions e. Personal Vulnerability PTSD does not only affect people who were caught directly in the path of Hurricane Sandy or any other natural disaster. The idea of personal vulnerability may be exceptionally strong among children who are often defenseless and powerless as a matter of nature. Because children lack the experience and maturity to process traumatic events on their own, they are at a higher risk for developing PTSD or a related anxiety disorder. A study suggested that kids with clinical anxiety may be more likely to develop PTSD by being exposed to images and videos of the devastation caused by Sandy, confirming the findings of previous research that found a connection between watching distressing events on TV and later showing symptoms consistent with those of PTSD. The researchers discovered that children who were diagnosed with post-traumatic stress disorder before Gustav experienced their symptoms anew with the media coverage of Gustav that they consumed. The worst thing parents can do is avoid talking to their kids about a situation. Commenting on the study, the psychology professor said that children with anxiety diagnoses and histories are at risk for experiencing PTSD even by witnessing the event on television. Their firsthand experience with the effects of a hurricane “ and then seeing real-time, graphic, and dramatic media coverage of another hurricane “ primed them for a PTSD relapse. Kids need to be listened to, and they need their fears to be acknowledged. Being told of contingency plans, and being reminded that they are safer now than they were in the aftermath of the hurricane, will help them control their fear responses. Long-term Emotional Damage The psychological and emotional vulnerability of children was a point made in a Psychology Today article that talked about the long-term traumatic effects in the aftermath of a natural disaster. Of the children involved in the study, 35 percent of them showed signs of moderate to very severe post-traumatic stress disorder nine months after the event, and 29 percent reported having comparable levels of PTSD 21 months after the event. The lead researcher called this a significant finding, because there had been no previous scientific literature on the subject of hurricane-related stressors contributing to the stress caused by other major life events. Kids who have firsthand experience with the destruction and terror of hurricane, earthquakes, tsunamis, and volcanoes should stay in contact with their friends, so as to develop a shield against the negative thoughts that develop as a result. Being able to verbally process what they are going through will help children build up their resilience to the symptoms of post-traumatic stress disorder and improve their life adjustment after the event. The idea of talking about the devastating effects of natural disasters, and in particular Hurricane Sandy, came up in an interview the Press of Atlantic City conducted with two Sandy survivors. One of them, a man named Ken Turner, became increasingly anxious and fearful, going day to day with a constant

state of dread, even months after Sandy finally dissipated. In time, his short-term memory started to fade, and he developed a speech impediment. They each underwent major surgeries, which rendered them unable to work for several months. After watching their home get destroyed, the Turners were thrown into a protracted battle with their insurance company over the rebuilding of their home, a process that placed a great deal of stress on both of them. To complete the deterioration, Ken was laid off from his job. A senior scientist and clinical director, who has studied post-traumatic stress disorder for three decades, told the Press of Atlantic City that people who develop PTSD tend to have other mental health concerns before the traumatic event. The medical director for a behavioral health clinic notes that in the aftermath of widespread traumatic events, the use of mental health rehabilitation services declines. Residents of Ocean, Monmouth, and Atlantic counties were all severely affected, losing homes and jobs. Many people moved out, leaving waiting rooms at outpatient clinics empty. It takes about weeks for the dust to finally settle for most people, at which point they turn their attention to their mental and emotional states. From Devastation to Devastation In addition to watching homes literally get blown and washed away, the process of looking for emergency accommodation and then returning to the neighborhood to commence the rebuilding process can be a source of chronic trauma in itself. Seeing what was once a place of family and community reduced to debris and rubble can make it very difficult for survivors to put their grief and loss behind them and focus on moving forward. Anniversaries of the event are bad times for disaster survivors, as reminders can trigger a relapse. The first year is usually the hardest, and experts advise that the people who lived through a natural disaster avoid television and media coverage, especially if the event caused issues of anxiety and depression. Other people can watch news coverage without any ill effects but may still be put on edge during times of bad weather or power outages, as such occurrences will be vividly, and chronically, reminiscent of the traumatic experience. One woman recounted how she had to leave her Mystic Island home because of Hurricane Sandy and went north to Ortle Beach. The move offered no respite, as that community had been similarly leveled by the storm. Whether those incidents are hurricanes, earthquakes, or volcanoes, the human toll is the same: Prior research had found that the part of the brain responsible for regulating emotions – the pregenual anterior cingulate cortex – is smaller in people who develop PTSD after experiencing or witnessing a traumatic event. Test participants who showed a small orbitofrontal cortex, compared with scans taken of their brains before the earthquake, had higher scores on tests that determined the presence of PTSD symptoms. The orbitofrontal cortex is responsible for eliminating memories related to fearful experiences, suggesting that since it is smaller in PTSD-positive patients, they tend to have more intense post-traumatic stress symptoms. However, such a step would be most beneficial for individuals who can be reasonably expected to face trauma, like a soldier or firefighter. Mental health exercises and checklists, like problem-solving and emotional regulation, can teach people how they can face their fears; physical exercise boosts mood and health; having a positive outlook can decrease pessimism and stress; and social support can encourage active coping strategies, reduce loneliness, and help to develop a healthy framework to process problems. Older adults accounted for 65 percent of the fatalities caused by Hurricane Sandy, but those who survived were able to use the pre-existing social support of their families and friends, which was already critical to their wellbeing. The result, said researchers, is that elderly people tend to be disproportionately affected by natural disasters. Even as Sandy brought down telephone and Internet access, senior citizens turned to their neighbors – their friends – for help and assistance. Resilience is based on available resources and the nature of the exposure to disaster, but also on the relationships to the neighborhoods in which people live. The Rowan University researchers suggested that having strong communal ties not only makes quality of life for older adults better; it can also make a huge difference in mental health when natural disasters occur. Survivors, writes Psychology Today, can be overwhelmed by guilt for having made it through something that should have killed them, when so many others – friends and strangers alike – lost their lives. Survivors might even feel that they were somehow complicit in the death, perhaps by evacuating instead of staying to help. The psychological scars of losing a family, a home, and a community can last for years, but with professional and personal support, survivors can be assisted in putting the pieces of their lives back together.

2: Hurricanes and Other Tropical Storms|CDC

Today "hurricane" is one of three names for a rotating tropical storm with winds of at least 74 miles (kilometers) an hour.

Flooding Make any preparations that can minimize injury and property damage. Households, utilities, and businesses should plan for disaster before hurricane season starts, or make any possible preparations when a hurricane is predicted. Make a kit of supplies. Keep at least a 3-day water supply per person and for pets, too. What you can do to protect your household well. Water and wastewater systems Water resiliency planning tools for communities. Planning for disaster debris: Damage from a hurricane depends on the size, extent, and other factors. Damage debris can include destroyed structures, hazardous waste, green waste, or personal property. More about disaster debris planning This guide highlights the need for communities to plan ahead for debris cleanup after a major natural or man-made disaster, plus case studies. Read a printable version. Chemical or fertilizer storage: Properly designed or modified storage facilities enhance worker safety and minimize the risk contamination. Summary of regulatory requirements related to shutdown operations - For complex industrial processes, shutdown operations require special care beyond normal operations. Facility owners and operators are required to minimize chemical releases during process shutdown operations; and if reportable releases occur, they must be reported immediately upon constructive knowledge of occurrence. Read more about applicable regulations: Reminder to minimize process shutdown-related releases and report releases in a timely manner. Generator exhaust is toxic. Always put generators outside well away from doors, windows, and vents. Never use a generator inside homes, garages, crawlspaces, sheds, or similar areas. Carbon monoxide CO is deadly, can build up quickly, and linger for hours. Report suspected spills, contamination or possible violations. To report oil, chemical, or hazardous substance releases or spills, call the National Response Center **Flooding** Limit contact with flood water. Flood water may have high levels of raw sewage or other hazardous substances. Early symptoms from exposure to contaminated flood water may include upset stomach, intestinal problems, headache and other flu-like discomfort. Anyone experiencing these and any other problems should immediately seek medical attention. What do I do about water from household wells after a flood? Do not turn on the pump due to danger of electric shock. Do not drink or wash with water from the flooded well until it is tested and safe to use. Read more about household wells. What do I do with my home septic system after a flood? Do not use the sewage system until water in the soil absorption field is lower than the water level around the house. If you have a home-based or small business and your septic system has received chemicals, take extra precautions to prevent contact with water or inhaling fumes. Proper clean-up depends on the kinds of chemicals in the wastewater. Read more **For water and wastewater facilities:** Suggested post-hurricane activities to help facilities recover. Mold can cause serious health problems. The key to mold control is moisture control. After the flood, remove standing water and dry indoor areas. Mold cleanup in schools and commercial buildings. Information for building managers, custodians, and others who are responsible for commercial building and school maintenance. Boil 3 minutes at elevations above ft 1 mile or 1. Home or facilities wastewater Pesticides, chemical and oil spills, hazardous waste: Call the National Response Center 24 hours a day every day. For those without access, please call **Industries and businesses** that encounter spills or discharges in the aftermath should contact the National Response Center immediately. You or your organization may have legal requirements for reporting or for taking other actions, depending on the spill. National Pesticide Information Center: Pesticide contacts Report spills or environmental violations **Managing debris** Disasters can generate tons of debris, including building rubble, soil and sediments, green waste e. How a community manages disaster debris depends on the debris generated and the waste management options available. Burying or burning is no longer acceptable, except when permission or a waiver has been granted, because of the side effects of smoke and fire from burning, and potential water and soil contamination from burial. Typical methods of recycling and solid waste disposal in sanitary landfills often cannot be applied to disaster debris because of the large volume of waste and reluctance to overburden existing disposal capacity. **Top of Page** Renovation and rebuilding **Lead-safe work:** By law, contractors need to use lead-safe work practices on emergency renovations on homes or buildings built before Activities such

HURRICANES (GRAPHIC NATURAL DISASTERS) pdf

as sanding, cutting, and demolition can create lead-based paint hazards. Lead-contaminated dust is harmful to adults, particularly pregnant women, and children. Ways to protect against lead-based paint hazards Asbestos: Anyone working on demolition, removal, and cleanup of building debris needs be aware of any asbestos and to handle asbestos materials properly. People exposed to asbestos dust can develop serious lung health problems including asbestosis, lung cancer and mesothelioma. Although the use of asbestos has dramatically decreased in recent years, it is still found in many residential and commercial buildings and can pose a serious health risk.

3: Hurricanes - HISTORY

Either figure would make Maria one of the deadliest natural disasters to ever strike the United States, according to a tally of disasters compiled by the Federal Emergency Management Agency (FEMA).

4: Hurricane Michael | CDC

Natural disasters Getting over Hurricane Maria. Graphic detail 3 hours ago. But hurricanes are not the only disasters the island faces. It has nine potentially active volcanoes, including.

5: PTSD: The Emotional Damage of Natural Disasters | Sunrise House

Activities to help water facilities plan for emergencies and natural disasters. Water resiliency planning tools for communities. Planning for disaster debris: Damage from a hurricane depends on the size, extent, and other factors. Damage debris can include destroyed structures, hazardous waste, green waste, or personal property.

6: Hurricanes | Natural Disasters | US EPA

Hurricane Michael has been upgraded to a Category 4 storm and is packing mph (km/h) winds. The Weather Channel created a terrifying graphic showing the height of potential flooding in an.

7: Natural Disasters | US EPA

Hurricane Michael isn't a truly "natural disaster."

8: "A monstrous storm": Hurricane Michael nears Florida" video | US news | The Guardian

Natural Disasters Rare Footage of Some of the World's Worst Natural Disasters Some of the worst natural disasters ever recorded have occurred in the past century and were captured in these.

9: How to talk about hurricanes now - CNN

In addition to the storm surge, hurricanes bring rain. Lots of rain. In , a storm hammered Taiwan with inches of rain in only three days. Hurricane rains cause landslides, flash floods, and long-term floods.

Shorter Novels of Herman Melville (Pr) African American History Month 2008 The international congresses Bad Cripple (Counterpunch) CHAPTER XVII. TOUR TO HUMS, AND ROUND THE NORTHERN END OF ANTILIBANUS. America and the Atlantic You were right, and I was wrong Emergence of the weapon system concept: the Air Force and acquisition, 1945-1953 Brave Horse (Mustang Mountain, Book 6) The persistence of slave officials in the Sokoto Caliphate John Edward Philips Winning the inner war Machine generated contents note: 8 Syncretism and Style Why Christians Should Support Israel Subconscious sabotage Savannah: her trade, commerce and industries, 1883-4 . . . 60 Seconds To Shine Volume I Blood Beneath His Boots My friend michael Imagining a community without enemies of all mankind The Cowboy Takes a Bride Narrative and the Cultural Construction of Illness and Healing The Final Seduction Hood and Bismarck The art of tuba and euphonium Historical sketch of education in Wisconsin. The Birth Of Surrogacy In Israel Tumor Immunology and Cancer Vaccines (Cancer Treatment and Research) Reality and mystical experience Language and linguistics john lyons A Legacy of Words Attala County, Mississippi pioneers Social Inequalities and Cancer (DISCONTINUED (IARC Scient Pub)) Woman named Smith Feeling fat, fuzzy, or frazzled? Blockbusting in Baltimore Cape Town and environs street guide Upload sign and Brown hd principles of language learning and teaching Letters and responses Steaming down Argent Street