

# STORM INFO

## TROPICAL STORM WATCH

An announcement that tropical storm conditions (sustained winds of 39 to 73 miles per hour) are *possible* within the specified coastal area within 48 hours.

## TROPICAL STORM WARNING

An announcement that tropical storm conditions (sustained winds of 39 to 73 mph) are *expected* somewhere within the specified coastal area within 36 hours.



## HURRICANE CATEGORIES\*

\*The Saffir-Simpson Hurricane Wind Scale classifies storms into five categories based on sustained wind speed. This scale does not account for the threat of storm surge, heavy rain and tornadoes.



Category	Sustained Winds	Types of Damage
CAT 1	74-95 mph	Some wind damage.
CAT 2	96-110 mph	Extensive wind damage.
CAT 3	111-129 mph	Devastating wind damage.
CAT 4	130-156 mph	Catastrophic wind damage.
CAT 5	>156 mph	Catastrophic wind damage



Download the FEMA App to get alerts and warnings.

#HurricanePrep



# EMERGENCY CARE

Those sheltering at NMCCCL needing emergency care should report directly to Labor & Delivery Triage on the Second Floor. In the event of a mandatory evacuation, please follow emergency officials or base guidance. NMCCCL warns you to not rely on emergency services during a storm as ambulances may not be able to operate safely in high winds or rising waters.

## IMPORTANT NUMBERS

Quarterdeck.....910-451-3079  
 Emergency Department.....450-4840  
 Family Medicine Clinic.....450-4357  
 Labor & Delivery Triage.....450-3003  
 Pediatric Care Clinic.....450-4500  
 OB/GYN Clinic.....450-4561/4562

## RESOURCES TO REMEMBER

- **Naval Medical Center Camp Lejeune**  
<https://camp-lejeune.tricare.mil/>
- **Marine Corps Base Camp Lejeune**  
[www.lejeune.usmc.mil](http://www.lejeune.usmc.mil)
- **Onslow County Emergency Services**  
[www.onslowcountync.gov/581/Emergency-Management](http://www.onslowcountync.gov/581/Emergency-Management)
- **North Carolina Emergency Management**  
[www.ncdps.gov/our-organization/emergency-management](http://www.ncdps.gov/our-organization/emergency-management)
- **National Hurricane Center**  
[www.nhc.noaa.gov](http://www.nhc.noaa.gov)



## NAVAL MEDICAL CENTER CAMP LEJEUNE

# HURRICANE PREPAREDNESS

*An Overview of Guidance for Expectant Mothers at or Beyond Third Trimester (36 Week Gestation)*



# HURRICANE SHELTERS

Hurricane shelters aboard Marine Corps Base Camp Lejeune will be announced via website or Facebook page. More info:

[www.lejeune.marines.mil/Hurricane/Shelters/](http://www.lejeune.marines.mil/Hurricane/Shelters/)

Onslow County Emergency Services provides storm shelters at the following locations:

- **Coastal Elementary School**  
370 Folkstone Road  
Holly Ridge, NC 28445
- **Jacksonville Commons Middle School** (pet friendly)  
315 Commons Drive South  
Jacksonville, NC 28546
- **Queens Creek Elementary**  
159 Queens Creek Road  
Swansboro, NC 28584
- **Clearview Elementary School**  
180 Clear View School Road  
Jacksonville, NC 28540

## EVACUATING

Monitor local news organizations, Onslow County Government, and Camp Lejeune official outlets for notification on evacuation orders. For hurricanes of greater strength, the county may order a mandatory evacuation and local shelters may not be available.

Look up your evacuation zone:

[knowyourzone.nc.gov](http://knowyourzone.nc.gov).

If you evacuate the Camp Lejeune area, leave as soon as the evacuation order is given. If you will be traveling to an area that does not have a Military Treatment Facility nearby, contact TRICARE at 1-800-444-5445 to establish benefit availability in that area.



## SHELTERING AT NMCCCL PACKING LIST

Please note that the Medical Center does not have an unlimited supply of drinking water and food. Please pack according to this list.

### PERSONAL ITEMS

- Seasonal clothing, rain gear, sturdy shoes
- Garment bag for unclean clothing
- Towels, washcloths, shower shoes
- All medical items.
- Labor bag

### GEAR

- Pillow, sheet, blanket or sleeping bag.
- Cot (NMCCCL may be able to provide cots dependent upon supply)

### HYGIENE ITEMS AND OTHER SUPPLIES

- Deodorant
- Shampoo/conditioner
- Brush/comb
- Soap/body wash
- Razor/shaving cream
- Feminine products
- Tooth-brush/toothpaste
- Dental floss/mouth-wash
- Eye drops
- Glasses or contact case and cleaner



### BABY/CHILD ITEMS

- Formula, powdered milk; nonperishable baby food
- Diapers, blankets, bottles and pacifiers
- Baby wipes and diaper rash ointment
- Toys, games, books, puzzle, etc.

### FOOD & WATER

- Non-perishable food items for several days
- Water – one gallon per person, per day for 3-7 days

### OTHER

- Phone/charger/ear buds
- Extra cell phone battery or car charger
- ID cards
- Cash (with some small bills) and credit cards – banks and ATMs may not be available
- Valuable documents in protective folders such as passports, birth certificates, etc.
- Entertainment: tablets, books, music player, headphones, etc.

## WHAT YOU NEED TO KNOW

Atlantic Hurricane Season runs from June 1 through November 30 each year.

Naval Medical Center Camp Lejeune wants to ensure that you and your families are well prepared and safe. If a hurricane is imminent, please remember that evacuation orders should not be ignored.

If you are more than 36+ weeks pregnant or considered high risk and cannot evacuate, you may shelter at NMCCCL until cleared by Emergency Management officials that conditions are safe to return home. If you need medical care while sheltering at NMCCCL, you will need to report to Labor and Delivery on the Second Floor. Patients are allowed to bring immediate family members only to stay with them (spouse or support person & children).

Expectant parents who meet the criteria of 36+ weeks or high risk will be contacted by the OB/GYN Clinic if a tropical cyclone condition is set by Marine Corps Installations East that warrants sheltering at NMCCCL. Please closely monitor NMCCCL's website and social media outlets for storm operation updates.

When reporting to NMCCCL, you will check in with the Quarterdeck and be directed to the appropriate location to obtain a temporary visitor's badge and receive guidance on quarters assignments. Please follow all instructions to ensure safety.



**STAY CONNECTED**



@NMCCCLejeune