

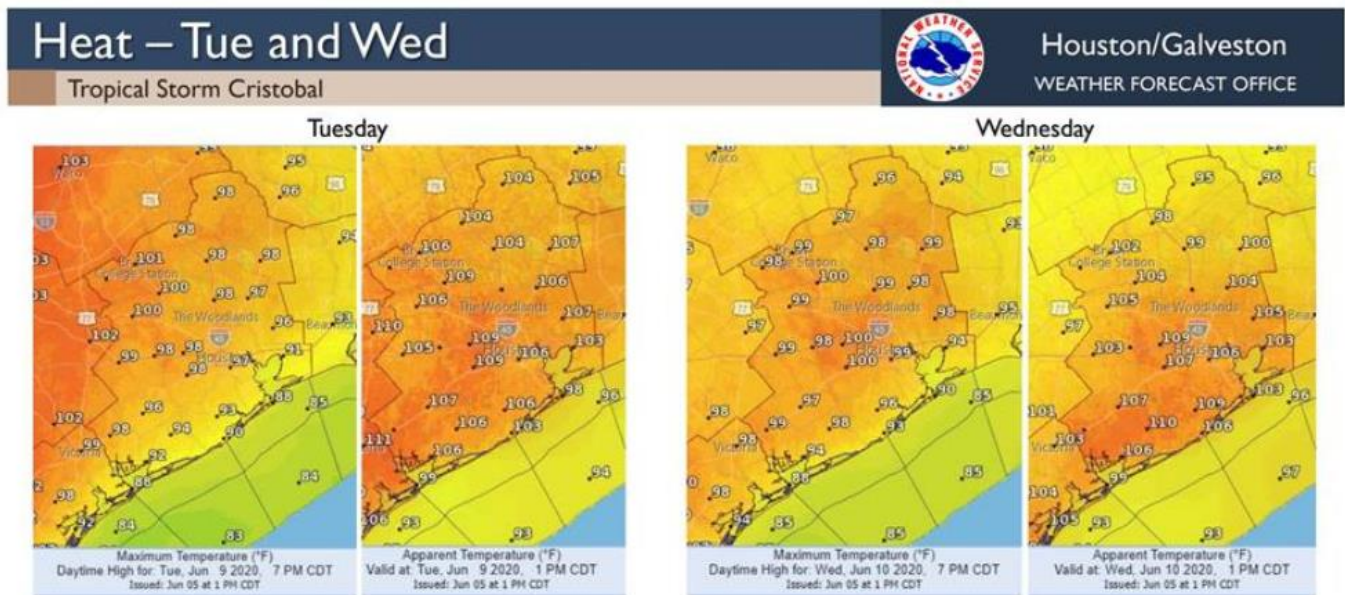


## Tropical Storm Cristobal Final Update

Click [HERE](#) to view how to prepare for Hurricanes during the COVID-19 Pandemic on The Office of Homeland Security and Emergency Management's website

**FOR IMMEDIATE RELEASE:  
June 5, 2020**

MONTGOMERY COUNTY- Cristobal has strengthened back to a tropical storm, and is beginning to move north. Landfall is expected to be Sunday afternoon or evening along the Louisiana coast. Locally, not much rain is expected, 1-2 inches is possible across far east Texas areas Sunday through Monday. As Cristobal moves north away from the region on Tuesday, heat will build across southeast Texas. Temperatures are expected to reach 105-110 across much of the area. Heat is typically the leading cause of weather-related fatalities each year. Heat waves have the potential to cover a large area, exposing a high number of people and animals to a hazardous combination of heat and humidity, which can be very taxing on the body. Learn how to stay safe during a heat wave at [www.weather.gov/heat](http://www.weather.gov/heat)



Unless conditions change, this will be our last update on Tropical Storm Cristobal. Please read our guidance below on how to prepare for hurricane season during the COVID-19 Pandemic.



## 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 order a 60 or 90 day supply to have on hand.
- 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.

## STAY INFORMED

- Register for **AlertMCTX**, the county's official emergency alert system, to receive real-time weather alerts and post-storm recovery information.
- More information about how to prepared for this year's hurricane season is available **here**.
- Download the ReadyMCTX app. This app shows shelter and donation center locations when activated, and additional information from our office.
- Recovery information is available at [www.mctx.org/recover\\_](http://www.mctx.org/recover_)

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