

## Dr. Lipoff: Preparing for the Storm

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Here we go. They don't know where the big storm is going but better safe, and dry, than sorry. So with heavy rains and strong winds, here is a bullet list of things you can do to keep you and your loved ones safe.

- Charge your phones.
- Get extra batteries.
- Place your flashlights in plain view or keep them with you.
- Start your generator to make sure it still works.
- Get your electrical cords ready.
- Pick up fuel for your car and the generator.
- Get gas for your grill, incase electric goes out and you need to cook.
- Set aside snacks and quick types of foods: peanut butter, protein bars, etc.
- No need to buy refrigerated items unless you have a way to keep the fridge running or have extra ice at the ready.
- Place extra clothes in waterproof containers. Food too.
- Get extra water. The American Red Cross recommends 1 gallon per person/day.
- Evaluate any older trees near your property. Trim or remove them.
- See where the safest place in your house is.
- Don't forget toiletries.
- Prepare, purchase extra and protect all medications you may be taking or might need.
- Antibacterial lotion.
- Gather entertainment for kids: toys, books, games, etc.
- Find a safe place for your animals.
- Extra pet supplies.
- Check your sump pump.
- Band-Aids and other first aid supplies.
- Trash bags.
- Move anything outdoor that could become a projectile: toys, chairs, etc.

- Try to pack enough supplies for 10 – 14 days of no power, in general.
- Get extra blankets, pillows, sleeping bags and keep them in a container as well.
- Backup your computers files and protect them.
- Raise any valuable electronic items from the ground level.
- Pick up sand bags in areas of vulnerability.
- Place valuables in a safe place, like photographs and jewelry, in case of real structural damage and winds.
- Videotape or photograph your house for insurance purposes.
- Have a tarp available.
- Carry some cash incase electricity is out.
- Get extra coolers.
- Crank up your fridge so it is super cool and can keep food cool longer in case power goes out.
- Get extra ice. Could clean tub and place block ice in there with water for a make-shift cooler.
- Fill tub with water to enable toilet flushing.
- Be careful outside in case of downed power lines.

Nobody likes to think about this stuff but putting some items together now will make it easier for this storm and future ones.  
Be safe everyone!

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He received his Bachelor of Science degree from Syracuse University in 1990, a Doctorate of Chiropractic (D.C.) from New York Chiropractic College (NYCC) in 1994 and he became a Certified Fitness Trainer (CFT) in 2005.

Dr. Lipoff is an Executive Board Member, International Chiropractic Association Council on Fitness and Sports Health Science; won the 2015 Arnold Schwarzenegger Legacy Award for his community work; has a radio segment: Back At Your Best in 5 Minutes or Less, President and Founder; Foundation 4 Heroes, Contributing writer; The Baynet, Huffington Post and SoMD News, Co-Founder, Drug Free Training USA; Member, NY Strength-promoting the importance of physical conditioning; Board Member of Public Relations Committee, Maryland Chiropractic For more information, go to [www.BackAtYourBest.com](http://www.BackAtYourBest.com), find us on facebook, or call 301-863-BEST (2378).

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