

Living Well In Florida

Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

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Keeping Mold at Bay: Closing Your Florida Home

Most people living in Florida have lived in other parts of the country and return to their former communities to visit friends and family. Some people spend part of the year in Florida and part of the year in other areas. Additionally, almost everyone is likely to be away from home several days or weeks at a time for business or pleasure. What can you do to minimize the possibility that you may return home and find a serious problem with mold and mildew?

Air conditioning can be used to reduce potential moisture problems, yet still use a minimum amount of energy. Periodic air conditioner operation will remove moisture from your home.

To assure the continued effective operation of your air conditioner and to prevent excessive energy use, follow these suggestions:

Bring a professional in to check your air conditioner before you leave.

Check the air conditioning filter - change it or if washable, wash it. An accumulation of dirt plus the summer heat and humidity can cause mildew and mold growth which can spread through the house.

Run your air conditioner for two hours a day when your house is closed and sealed to reduce potential development of mildew.

Equip your air conditioner with a timer set to operate in the cool morning hours, beginning at 3 or 4 a.m. Set the thermostat low enough to operate continually during the 2-hour period.

For further information, request the publication "How to Close Your Home."

Welcome to Florida

Brought to you by your
University of Florida Extension Service
Family and Consumer Sciences Team



Hurricane Shutters May Save Your Home

Window and door protection is the most important hurricane protection for your home, and your first line of defense in a storm. Once a window has been breached by high winds, your home is vulnerable to intense air pressure that could cause wall and roof failure.

There are many products on the market to help prevent window damage from flying debris. A combination of shutter types may be best for your home and your pocketbook, depending on the size, location and accessibility of your home's various windows and doors.

Some of the more popular shutter types are the following:

Plywood Barriers – Install prior to storm. \$2.00-\$3.00 per sq. ft. uninstalled.

Removable Storm Panels – Install in tracks prior to storm. \$5.00-\$7.00 per sq. ft.

Fabric Panels – Install prior to storm in pre-drilled holes. \$5.00-\$7.00 per sq. ft.

Perforated Barriers (Screens) – Installed by homeowner prior

to storm or permanently installed over the window and frame. \$10.00-\$24.00 per sq. ft. uninstalled.

Accordion Shutters – Good for large openings. \$13.00-\$18.00 per sq. ft. uninstalled.

Bahama Shutters – Top-hinged and easy to use. \$20.00-\$26.00 per sq. ft. uninstalled.

Colonial Shutters – Great for regular windows. Side-hinged and easy to use. \$25.00-\$30.00 per sq. ft. uninstalled.

Roll-Down Shutters – Ideal for hard-to-reach areas. \$28.00-\$40.00 per sq. ft. uninstalled.

To see these shutters on display or get more information about them, visit the Florida House Learning Center at 4600 Beneva Road South in Sarasota, or visit <http://sarasota.extension.ufl.edu/hurshut.htm>.

Consumers should always ask shutter vendors for verification that a product meets the 2002 Florida Building Code. The Miami-Dade Standards are even more stringent, requiring 150 mph testing. (See www.buildingcodeonline.com)

Family & Consumer Sciences

CONTACT INFORMATION FOR EXTENSION

Charlotte County—25550 Harbor View Rd, Unit 3, Port Charlotte, FL (941) 764-4340

<http://www.ifas.ufl.edu/charlotte/>

Collier County—14700 Immokalee Rd., Naples, FL (239) 353-4244 <http://collier.ifas.ufl.edu>

Desoto County—2150 NE Roan Ave, Arcadia, FL (863) 993-4846 <http://desoto.ifas.ufl.edu/>

Glades County—P.O. Box 549 Moore Haven, FL (863) 946-0244 <http://glades.ifas.ufl.edu/>

Hardee County—507 Civic Center Dr., Wauchula, FL (863) 773-2164

Highlands County—4509 W. George Blvd., Sebring, FL (863) 402-6540

Hillsborough County—5339 S. CR 579, Seffner, FL (813) 744-5519 http://hillsboroughcounty.org/coop_ext/

Lee County—3406 Palm Beach Blvd, Ft. Myers, FL (941) 461-7500 <http://lee.ifas.ufl.edu/>

Manatee County—1303 17th St. West, Palmetto, FL (941) 722-4524 <http://manatee.ifas.ufl.edu/>

Okeechobee County—458 Hwy 998 N. Okeechobee, FL (863) 763-6469

Pinellas County—12175 125th St. N., Largo, FL (727) 582-2100 <http://coop.co.pinellas.fl.us/>

Sarasota County—6700 Clark Road Twin Lakes Park, Sarasota, FL (941) 861-9800

<http://sarasota.extension.ufl.edu>

Life in the Dark

When a hurricane strikes, electricity may be down for days or even weeks. Here are some helpful tips for surviving in the dark.

Kitchen tips:

- Stock a two week supply of non-perishable foods that don't require cooking
- Select canned items with a flip top
- Stock one gallon of water per day per person for drinking, cooking and personal hygiene
- Store a can of sterno, camp stove, propane for grill for foods that need to be cooked
- Purchase a non-electric can opener
- Use paper plates and plastic utensils
- Collect single serving plastic containers with lids

Bathroom tips:

- Clean and bleach bathtubs – fill with water
- Place a bucket or gallon jug near toilet to fill for flushing
- Place paper cups/towels in bathroom

All rooms:

- Buy disinfectant wipes, bleach and towelettes
- Use battery operated lanterns and "stick on" lights for lighting in all rooms
- Keep flashlights with batteries handy to walk from one area to another
- Battery operated radio or television to keep informed

Remember to keep a supply of cash on hand, especially dollar bills and coins.

Don't be caught in the dark without the necessary food, water and lighting needed to keep your family safe and secure.