

# Summer time and the living is breezy

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The U.S. hurricane season is under way and for many people in areas hit hard by 2005's hurricanes, it's going to be an uneasy summer.

Tulane University psychiatrist Jan Johnson says thoughtful planning is the key to staying calm.

"I think it is time to prepare and not wait," he said, "because there is no doubt that we are going to have some scares."

Johnson advises getting a hurricane kit ready now. He also advises sitting down with family and friends to make plans for securing residences, identifying evacuation destinations and determining what weather conditions will require evacuation.

"If you have children, let them participate in the planning discussions and make their own little hurricane kit that includes their favorite toy," said Johnson. "That will help a lot with children's anxieties and fears by giving them a sense of control."

Johnson also advises people with chronic physical or mental illnesses pack enough medicine to last through an extended evacuation.

"It's going to be an anxiety-provoking summer," said Johnson. "I would hope that people will try to use common sense and not to overreact at every hint of bad weather."

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