WITH LOVE FROM TWO HURRICANE MICHAEL SURVIVORS—
STACY GREGORY AND MICHELLE MATLOCK,
PANAMA CITY, FL

ON OCTOBER 10, 2018, HURRICANE MICHAEL SLAMMED INTO THE FL. PANHANDLE AS A CATEGORY 5 STORM. IT LEFT A TRAIL OF DEVASTATION IN PARTS OF CENTRAL AND SOUTHEASTERN NORTH AMERICA. AT LEAST 72 PEOPLE LOST THEIR LIVES. HUNDREDS OF THOUSANDS OF PEOPLE LOST THEIR HOMES—EITHER THROUGH DAMAGE OR DISASTER GEMIFICATION. THIS ZINE IS BY SURVIVORS FOR SURVIVORS WITH INFO. COMPILED ON A SUNNY AFTERNOON ON THE FRONT PORCH OF THE HOMES THAT STACY AND MICHELLE HAVE FOUGHT TO STAY IN AGAINST LANDLORD AND CITY INTIMIDATION AND THREATS.

IF LAUGHTER IS HEALING—THIS ZINE IS MEDICINE. **(MICHELLE WOULD LIKE YOU TO KNOW THAT ALL THE CURSE WORDS COME FROM STACY)**
HELD

WHAT

HELPs

BEFORE:

WHAT TO DO:
WHAT TO GET:

PEANUT
BUTTER

AFTER

WHAT TO EXPECT;
WHAT HELPS;
WHAT HEALS:

PEANUT
BUTTER

IT'S ALL ABOUT THE
GETTING A TREAT;
I GOT A DANISH;
WE FEEL LIKE "I
AM REALLY LIV
LIKE, WOW, THE
IS A ROAD TO
HERE. IT'S THE
THINGS YOU DON'T
THINK OF THAT
ENCOURAGING;
IT WAS BEING CALM;
IT WAS A "DANISH... EVE;
DON'T EAT THE

LISTENING TO
THE RADIO BROKE THE ISOLATION;
WE ACTUALLY HEARD MUSIC
AND PEOPLE TALKING.

ITEM
LIST FOR
SELF-CARE
PACKS:

PLEASE
INCLUDE:
PAPER/PEN
CRAYONS/
TISSUES
DRY
SOCKS/
TAPE/COFFEE
TEA
Before

What To Do

- Take Photos:
Get photos of the inside and outside of your home and any vehicles you may have. Be sure to date them. This will help facilitate your case with the insurance companies for damage assistance.

- Download Helpful Apps:
Gas Finding and Mapping Apps!

All the things you used as landmarks, they're gone. You can't tell where jack shit is any more. Street signs are gone... I couldn't tell where the trees ended and the street began. Driving down roads, you've driven on for years and you're getting lost...

CITY GOV. WILL LIKELY BE HOLDING TOWN HALL MEETINGS TO REDRESS COMMUNITY GRIEVANCES. IT IS IMPORTANT TO GET TO THOSE MEETINGS IF YOU CAN. AS OVER THE NEEDS OF THE COMMUNITY POST-...
SHOPPING LIST:
(For affected communities and those bringing in supplies)

IF I GET ONE MORE JAR OF PEANUT BUTTER I'M GONNA FUCKIN' KILL SOMEONE

- GATORADE (CUCUMBER FLAVOR)
- CHARCOAL
- LIGHTER FLUID
- HOUSE CLEANING SUPPLIES
- INSTANT COFFEE
- POWDERED MILK
- SUGAR
- POP TOP CANS OF FOOD
- CLEAN DRY SOCKS
- CHEAP RUBBER BOOTS
- BABY WIPES
- HAND SANITIZER
- BLEACH
- BREAD
- GAS
- FLASHLIGHTS
- BATTERIES
- WOODEN MATCHES
- ZIPLOCK BAGS
- ANIMAL FOODS
- SMALL GRILLS
- PLASTIC SILVERWARE
- RICE (IT'S EASY TO COOK AND YOU CAN EAT ANYTHING WITH THAT SHIT)
- WATER
- EASY TO PREPARE MEALS
- NON PERISHABLES
**Important Tips**

- **Keep plastic water bottles out of direct sunlight.**
- **Keep power water out doors.**
- **Have clean dry socks on hand.** Fungal infections are common after flooding.
- **Get items that are multi-purpose.** Ex: ziplock bags can store and keep things dry like papers and food. Ensure soaps/cleaners are sealed in separate bags to avoid cross contamination.
- **Have flashlights handy to help you find the bathroom before you find the wall.** (And don’t forget to stop using your flashlight when your electricity comes back on.)

**October 20, 2018**

**Having a calendar will help you keep track of days that you (1) need to relay to the insurance company as well as town halls, etc.**

**Don’t stock up on frozen foods.** Have plenty of ready to eat items. Vitamin C is good to have to stave off sickness. Fruits and veggies are quick, easy, and healthy.

**Get a fucking battery operated radio and shut up about it.** Food shares, resource sites, and other helpful info will be broadcast on local stations.

**It’s hard not to be hungry.** Don’t be shy about sharing food with your neighbors. It’s scary to give away your food but everyone will be thawing and need to be eaten. They’ll share their food with you too.

**Helpful tips on your phone can help you locate gas and map out open and closed roads.**

**Phones can be charged in your vehicle with a solar panel.**

**Check with local restaurants immediately before/after the storm as they often will be trying to get rid of perishable foods that won’t keep without power.**

**Red dye in food and drinks can cause allergic reactions.**