

## PREPAREDNESS INFORMATION FOR SENIORS

Prepare now; disasters can strike quickly and without warning. Even if you have physical limitations, you can still protect yourself.

### 1. **How will you be notified of a possible emergency?**

Weather radio, Commercial radio, Television, Door-to-door warning, Family?

### 2. **CREATE A INDIVIDUAL OR FAMILY DISASTER PLAN**

Use the following checklist to get started:

- Assemble a disaster supplies kit
- Arrange for someone to check on you
- Plan and practice the best escape routes from your home
- Plan for transportation if you need to evacuate to a shelter
- Find the safe places in your home for each type of emergency
- Have a plan to signal the need for help
- Post emergency phone numbers near the phone
- If you have home health care service, plan ahead with your agency for emergency procedures
- Teach those who may need to assist you in an emergency how to operate necessary equipment; be sure they will be able to reach you.

### 3. **EMERGENCY SUPPLIES**

- Have at least **3 days'** worth of emergency supplies (both medical and general). *72-Hr. Disaster Kit*
- Pack your emergency supplies in an easy-to-carry container, such as a backpack or duffel bag.
- Make sure your bag has an ID tag and label any equipment, such as wheelchairs, canes or walkers that you need.
- Important documents such copies of medical history and medications, Insurance and financial institution contact information, serial numbers of medical devices.
- **Emergency contact information. Have a contact for both in your state as well as an out of state.**



#### **4. IF YOU STAY AT HOME OR HAVE TO "SHELTER IN PLACE"**

- 1 gallon of water **per person per day**. Remember, plan for at least three days. Store water in sealed, unbreakable containers that you are able to handle. Identify the storage date and replace every six months.
- Non-perishable food supply (including any special foods you require). Choose foods that are easy to store and carry, nutritious and ready-to-eat. Rotate them regularly.
- Manual can opener you are able to use
- Non-perishable food for any pets

#### **5. BE PREPARED TO GO TO A SHELTER IF:**

- Your area is without electrical power
- There is a chemical emergency affecting your area
- Flood water is rising
- Your home has been severely damaged
- Police or other local officials tell you to evacuate

#### **6. IF YOU NEED TO EVACUATE**

- Wear appropriate clothing and sturdy shoes
- Take your disaster supplies kit
- Lock your home
- Use the travel routes specified or special assistance provided by local officials. Don't take any short cuts, they may be unsafe
- Notify shelter authorities of any needs you may have. They will do their best to accommodate you and make you comfortable.

#### **7. IF YOU ARE SURE YOU HAVE ENOUGH TIME**

- Let others know when you left and where you are going
- Make arrangements for pets. Animals other than working animals may not be allowed in public shelters.