

If You Need To Evacuate

If you are instructed to evacuate, your most comfortable choice is with family or friends who live out of the danger area.

- Coordinate with your home care provider for evacuation procedures.
- Wear appropriate clothing and sturdy shoes.
- Take your Disaster Supply Kit with you.
- Lock your home.
- Leave right away if told to do so and use the travel routes specified by local officials.
- Don't take any short cuts, they may be unsafe.

Be Prepared to Go to a Shelter If...

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



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Reminders

- Take responsibility for your own well-being by planning ahead.
- Keep an updated emergency contact list, which should include your personal support network and out-of-town family or friends.
- Make sure your disaster supply kit(s) and medical supplies are packed and ready to go at a moments notice.
- Periodically review your plan and rotate your supplies.

Things to Keep With You

- Emergency Health Information Card.
- Instructions on personal assistance needs and how best to provide them.
- Copy of Emergency Documents.
- Essential medications/copies of prescriptions.
- Flashlight on key ring.
- Signaling device (whistle, beeper, bell).
- Small battery-operated radio and extra batteries.

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For more information on Emergency Preparedness or creating a disaster supply kit, please check with your local American Red Cross Chapter or visit:

www.ready.gov

Who depends on you?



EMERGENCY PREPAREDNESS FOR OLDER ADULTS

Today almost 500 million people are aged 65 and over - accounting for 8% of the population.

EMERGENCY PREPAREDNESS FOR OLDER ADULTS

Have a Plan

If you are an older adult, or have older friends and loved ones, remember that physical impairments, special food needs, isolation, transportation difficulties, medical needs and reduced income may impair the ability to recover from a disaster.

Take practical steps to protect yourself and your loved ones by preparing for disaster now.

- Know what type of emergencies that are most likely to occur in your area.
- Identify immediate actions to take in case of a sudden emergency (such as an earthquake, explosion or landslide).
- Listen to your local radio or news stations for emergency /disaster information.
- Plan an escape route out of your home in case of fire or other emergencies.
- Be able to shut off the electricity, water and gas or inform someone where its located.
- Have an out-of-area contact that you and your loved ones can reach if you are unable to make local calls.
- Create an emergency health card that contains information about medications, equipment you use, allergies, or other special needs you may have.
- Label all your supplies/equipment with identification.
- If you are disabled, make sure that someone nearby knows to check on you—more than one person, if possible.

Medical Emergency Supplies

For your safety and comfort, have emergency medical supplies packed and ready before disaster hits. Supplies should include:

- Maintain a 14 day supply of essential prescription medications.
- For medications that require refrigeration, buy ice packs and keep them in the freezer until needed.
- Plan for enough disability-related medical supplies for up to two weeks as local shelter resources will be limited.
- Extra eyeglasses and hearing-aid batteries.
- Extra wheelchair batteries, oxygen.
- List of the style and serial numbers of medical devices such as pacemakers.
- Consider ordering a medical ID bracelet or pendant if you or a loved one has a chronic health problem.
- Medical insurance and Medicare cards.
- A list of doctors and relatives or friends who should be notified if you are injured.
- Make multiple copies of your emergency health card to keep in all your disaster supply kits.
- Keep copies of other emergency documents with your disaster supply kit-- family records, wills, deeds, social security number, charge and bank accounts, etc.
- All documents should be stored in sealed freezer bags with a copy sent to out-of-state contacts.

General Disaster Supplies

Make a disaster supply kit that contains your basic emergency supplies. The following list is a guideline.

- One gallon of *water* per person per day; enough for 3-5 days.
- Non-perishable, high-energy food supply, that are easy to store and carry.
- Basic utensils, including a manual can opener.
- First aid and hygiene supplies (including toilet paper, moist wipes).
- Powerful flashlight and extra batteries.
- Portable battery-powered radio or television and extra batteries.
- Candles and waterproof matches.
- Cell phone and extra battery.
- Clothing, rain gear and sturdy shoes.
- Blanket or sleeping bag.
- Extra set of keys.
- Cash, credit cards or traveler's checks, keep in mind banks and cash machines may not be available.
- Entertainment and comfort items.
- Include non-perishable food and water for your pets as well as any special items they may need.

It may not be necessary to evacuate, you may be ordered to stay in your home. You should be prepared to take care of yourself and loved ones for up to 7 days.