

Preparing for an emergency: seniors

Create an emergency plan

- 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 Red Cross 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

Prepare an emergency kit

For your safety and comfort, have at least three days' worth of emergency supplies (both medical and general) packed and ready 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.

- First-aid kit
- Prescription medicines, list of medications and dosages, list of allergies
- Extra eyeglasses and hearing-aid batteries
- Extra wheelchair batteries, oxygen
- List of the style and serial numbers of medical devices, such as pacemakers
- Medical insurance and Medicare cards
- List of doctors, relatives or friends to notify if you are injured
- Battery-powered radio and flashlight with extra batteries for each
- Change of clothing, rain gear, and sturdy shoes
- Blanket or sleeping bag
- Extra set of keys
- Cash, credit cards, change for the pay phone
- Personal hygiene supplies
- Phone numbers of local and non-local relatives or friends
- Insurance agent's name and phone number





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It may not be necessary to evacuate, or you may be ordered to stay in your home. If so, you will also need:

- One gallon of water per person per day. Remember, plan for at least 3 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



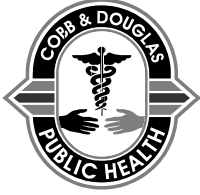
Shelter in place

In a chemical emergency, you may be told to "shelter in place." This means staying where you are and making yourself as safe as possible until the emergency passes or you are told to evacuate. In this situation, it is better to remain indoors than to go outside where the air may be contaminated. If you are told to shelter in place:

- Close all windows in your home
- Turn off all fans, heating, and air conditioning systems
- Close the fireplace damper
- Go to an above-ground room (not the basement) with the fewest windows and doors
- Take your disaster supplies kit with you
- Wet some towels and jam them in the crack under the doors
- Tape around doors, windows, exhaust fans and vents, preferably with duct tape
- Use plastic garbage bags to cover windows, outlets and heat registers
- If you are told there is danger of explosion, close the window shades, blinds or curtains. To avoid injury, stay away from the windows
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate

Other shelters

Red Cross shelters may be opened if a disaster affects a large number of people, or if the emergency is expected to last several days. All American Red Cross emergency services are provided free of charge, including food, temporary shelter and basic first aid. To learn about Red Cross shelters serving your area, listen to your battery-powered radio or check with your local Red Cross chapter.



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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

If you need to evacuate

- Coordinate with your home care provider for evacuation procedures
- Try to car pool if possible
- If you must have assistance for special transportation call the American Red Cross or your local officials
- 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
- In some communities, people who need help or transportation during an evacuation are asked to register that need with their local government. Call your local emergency management office for information and suggestions about what to do during an evacuation.

If you have enough time

- Shut off water, gas and electricity if instructed to do so and if you know how.
Gas must be turned back on by a professional
- 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





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Emergency Phone Numbers

Local emergency services: _____

Ambulance: _____

Nearest relative: _____

Local contact: _____

Out of state contact: _____

Doctors: _____

Local Red Cross Chapter: _____

Insurance Agent: _____

Other: _____

For more information on the Internet, visit:

www.CobbAndDouglasPublicHealth.org

www.prepare.org

www.ready.gov