

Emergency Preparedness

How to prepare older adults and people with disabilities for natural disasters.

- Every year natural disasters strike.
- Older adults are particularly vulnerable during disasters.
- You can minimize the impact of disasters through preparation.
- The more you prepare, the less stressed you'll be!

Why Prepare?

- Blizzards
- Flooding
- Hurricanes
- Tornadoes

What are natural
disasters?

- Remain calm
- Listen to radio and TV for emergency information.
- Follow advice of state and local officials.
- Call your family contact person.
- Make sure your pet is safe.

What should you do in a disaster?

- If you are told to evacuate by officials, leave right away.
- Take your emergency supply kit with you.
- Take your medications and medical supplies with you.

Should you evacuate?

- Have a supply kit ready.
- Know what the weather terms mean.
- Make a plan for your pet's safety.
- Learn how to turn off the electricity, gas and water.
- Write down the names of emergency contacts.
- Write down your medical health information.

Before natural disaster strikes

- Include the following:
 - Doctor's name
 - List of health conditions
 - Pharmacy name
 - Medication List
 - Medicare number
 - Other health insurance numbers
 - Allergies

Medical Health Information

- Everyone needs an emergency supply kit.
- Your kit should include the items to meet you basic needs.
- Your kit should also include items needed to help you feel comforted during a disaster.
- It should also have information necessary to connect you to loved ones and your healthcare providers.

Emergency Supply Kit

- Include the following in an emergency kit:
 - Water, (one gallon per day)
 - Food (cans or sealed packages)
 - Can opener, paper plates & cups, plastic utensils
 - Something to cook on
 - Paper towels, toilet paper, soap
 - Battery powered radio and flashlight
 - Blanket and pillow
 - First aid kit
 - medications
 - Garbage bags
 - Important information (family contact, medical health information card, birth certificate, cash)

Emergency Supply Kit

- Update the contact information in your kit when there are changes.
- Maintain current medications.
- Refresh food supplies.
- Check on batteries.

Update your Kit

- You can survive a disaster.
- The more you prepare the safer you'll be.
- Check your supply kit regularly.
- Register with your town for disaster information.
- Have a plan for the care of your pet.
- Failure to have disaster plans lead to the crisis of hurricane Katrina.

Your Safety

- You can be safe!
- You can survive!
- Additional information and resources are available through the American Red Cross (1-800-448-35430 and the Community Emergency Response Team in you local community.

Prepare!
