

# EMERGENCY PREPAREDNESS

## FOR OLDER ADULTS



Know the **types of emergencies and hazards** most likely to happen locally.

## TOP 10 STEPS you or your loved ones can plan to stay safe in an emergency.



**Update your emergency contacts** and loved ones of your plan at least once a year.



Create a **network of support** to help in an emergency, including help with transportation if you need to evacuate.

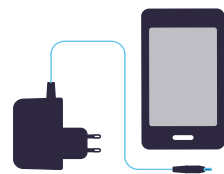
It is important to have an emergency plan in place, especially for older adults and individuals with medical or independent living needs as they are often the hardest hit during emergencies.



Have copies of **Medicare, Medicaid and other insurance cards** in your emergency kit.



**Prepare emergency supplies** with food, water and essentials for you and your pets.



Prepare and have **back up for power outages** for your medical devices and cellphone.



Keep a **two-week supply of medications**, along with a list of allergies, and medicines you need regularly.



**Identify a evacuation shelter and/or friend** where you can evacuate.



**Pack/have an evacuation bag/ go kit.**



**Make a communication plan**, including written phone numbers and add to your kit.



# GO KIT

## USES:

- **Stuck in Vehicle**
- **Evacuation**
- **Emergencies Away from Home**

**TIP:** A Go Kit is a 3-day supply of essential items for survival and should be kept in your vehicle. Have one kit for each person that travels with you. Consider packing your Go-Kit in a backpack or a roller bag (if you are unable to carry a pack). Keep in mind that you may be walking a long distance to get back home or to safety if you happen to be away from home during a large-scale event such as the Cascadia Subduction Zone earthquake. This starter kit from Douglas County Senior Services and Douglas Public Health Network provides some of what you need in your kit.

Circle what you still need and when your kit is complete, contact Senior Services and we will enter you in a drawing for a free NOAA radio.

Some suggested items are listed to the right.

## Every consumable item in this kit should last you for three days.

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Water  | <input type="checkbox"/> Money —                     | <input type="checkbox"/> Toilet Paper                               |
| <input type="checkbox"/> Food — lightweight/<br>no preparation needed     | <input type="checkbox"/> in small denominations      | <input type="checkbox"/> Leather and nitrile gloves                 |
| <input type="checkbox"/> First aid supplies<br>& prescription medications | <input type="checkbox"/> Blanket or sleeping bag     | <input type="checkbox"/> Poncho                                     |
| <input type="checkbox"/> Shelter building supplies                        | <input type="checkbox"/> Extra cell phone charger    | <input type="checkbox"/> Whistle                                    |
| <input type="checkbox"/> Flashlight or headlamp                           | <input type="checkbox"/> Fixed-blade knife           | <input type="checkbox"/> NOAA radio                                 |
| <input type="checkbox"/> Fire-starting method(s)                          | <input type="checkbox"/> Season-appropriate clothing | <input type="checkbox"/> N95 mask                                   |
|   | <input type="checkbox"/> Comfortable, sturdy shoes   | <input type="checkbox"/> Personal items:<br>lip balm, hair tie, etc |
|   | <input type="checkbox"/> Hand sanitizer              |   |

Talk to your health care provider about getting a two-week supply of necessary medications, to help stick to your regular schedules even if you're not able to get to a pharmacy. Add any over-the-counter medications to this medication kit, such as aspirin or other things that you take regularly. Add a small first aid kit to that medication kit. Many stores and pharmacies may be closed so it is important to plan for these supplies. Most emergency shelters do not have visual aids, mobility aids or durable medical equipment available, if you can get back ups and add them to your kit this will help ensure you can hear, see and use your usual medical equipment. Also add extra personal care and sanitation supplies such as adult briefs and pads, wet wipes, catheter and ostomy supplies etc.

## YOUR EMERGENCY COMMUNICATIONS PLAN

You may not be with your family or your care providers when disaster strikes.

- Make a plan on how you will contact one another and where and how you will evacuate.
- Make a plan for if phone lines and internet are down, who will come check in on you and at what time after the disaster.
- Make a list of important phone numbers here, including loved ones, care providers and organizations that can help you.

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