

# Emergency Preparedness

## More Than Just A Good Idea

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### Steps to Preparedness

1. Create a Personal Support Network
  - Have a written list of at least 3 people who can help you if needed
  - List .ICE (.In Case of Emergency) in your cell phone contacts
  - Have a communication plan with those you know in and out of town
  - Keep emergency numbers posted. Include utility contact numbers
2. Create a 'Grab & Go' box to include:
  - Your priority list of items to take (home items, adaptive equipment)
  - Small amount of cash
  - Emergency contact names and numbers including doctor, clergy, etc
  - Copies of License, state ID, Passport or a recent photo of you (name on back)
  - Copies of birth certificate, SS card, benefits eligibility letter (SSI/SSDI)
  - Power of attorney, health care power of attorney and living will
  - Written instructions for your personal care/transport/medical equipment
  - Copies of prescriptions for medicines and glasses
  - Copies of all insurances; medical, home, car
  - Copies of other important family documents along with a family photo
  - List of bank and credit card account numbers
  - Household goods inventory and Computer disc backup
  - All items should be in a plastic zip-lock bag to protect from moisture
3. Have specific plans for various emergencies and locations (home and away)
  - Know the hazards that can occur where you live: tornadoes, power outage, etc
  - If you live in an apartment, assisted living, or long term care facility be aware of the disaster plans and nearby exits
  - Have a battery operated/crank radio tuned to weather/disaster news
  - Keep a cell phone with an extra battery to contact help if phone lines are out
  - Know the location of the nearest disaster shelter and community resources
  - Everyone should be prepared for a fire
4. Keep a basic disaster kit prepared
  - Keep a kit at home, in your car, for work, for travel

## **Basic Disaster Kit Supplies**

This needs to be pre-packed in a container and checked yearly to update expired items

- 3 day nonperishable food supply and manual can opener
- 3 day water supply (one gallon/person/day)
- Portable battery operated radio and extra batteries
- First aid kit: bandages, antibiotic cream, alcohol wipes, etc.
- Flashlight and extra batteries
- Hand sanitizer, moist towelettes, toilet paper, dust mask
- Special needs: glasses, hearing aid and batteries, contact lens solution
- Diabetic, respiratory or other medical supplies if needed
- Infant needs: formula, food, diapers
- Whistle or noise maker

Additional supplies to consider:

- Matches in a waterproof container and tupperware
- Kitchen accessories and cooking utensils
- Extra clothing and blankets
- Empty large coffee can/chip tin for emergency bathroom needs
- Small basic tool kit: hammer, screwdriver, spade
- Duct tape, plastic garbage and zip-lock bags
- Pet supplies: leash, food, water, carrier
- Backup batteries for adaptive equipment: scooters, breathing machine, etc.
- Alternative power, heating and cooking sources
- A local map

## **If You Are Sheltering At Home**

- Keep the contact numbers for your utility companies nearby
- Know how to turn off your utilities and water if needed
- Get your disaster kit and check status of supplies. If conditions allow, add to it
- Keep your 'Grab & Go' box nearby
- Turn on NOAA Weather Radio and follow recommended instructions
- Turn off or unplug unnecessary appliances
- Check in with your Personal Support Network. Otherwise only phone for emergencies
- If your electricity goes off avoid opening your refrigerator/freezer as much as possible

## **If You Must Evacuate Your Home**

**Assume that you'll have 3-5 minutes to evacuate**

1. Collect your basic disaster kit and 'Grab & Go' box (includes cash, coins etc)
2. Contact your personal support network and tell them where you are going
3. Take food and water supplies with you
4. Take your medications, medical supplies, and adaptive equipment needs
5. Take a cell phone and batteries
6. Make sure your gas tank is full if driving yourself to shelter
7. If permitted take your pet and necessary supplies
8. If you have a laptop computer take it with you along with your disc backup
9. Turn off all lights and unplug all appliances including computer
10. If you have a disability, take your written instructions for your care needs and any adaptive equipment usage

## **If You Are Traveling by Car**

- Always keep your tank between half and full
- Items to keep in your trunk:
  1. Flares, flashlight and batteries, tire repair kit, white flag and jumper cables
  2. Basic first aid kit, some food supplies and some water
  3. Blankets/jacket/hat/gloves/scarf
  4. Small shovel, basic tool kit, and kitty litter for if you get stuck in mud/snow/ice
  5. Mini version of the basic emergency kit specifically for car
  6. Seasonal supplies: sunscreen, hat, umbrella for shade, etc.

## **Specific Considerations For People With Disabilities**

- Have written instructions for care needs to include if you need help with: Walking, transferring, standing, communicating, personal care needs or adaptive equipment
- Use your personal support network
- Have your emergency contacts list located in a conspicuous place in your home
- Have identification or ID bracelet ON persons who may tend to become confused
- Keep a seven day supply of medications on hand
- Have backup batteries for medical equipment or scooters
- Identify your evacuation route. Remove objects that block your path
- Consult the Red Cross website for Disaster Preparedness and look up 'Persons with Disabilities' section [www.redcross.org/services/disaster/beprepared.html](http://www.redcross.org/services/disaster/beprepared.html)

## Specific Considerations For Pets

- Have ID on your pet and rabies tag
- Have medical records of immunizations and any medicine your pet needs
- Food, water and sanitation needs
- Leash and carrier: your pet may be hard to manage in the stress of an emergency
- Photos of your pet in case it gets lost
- Keep a bag packed for your pet. Include a comfort toy or item
- Make prearrangements for where to leave your pet if you have to evacuate since shelters may not take pets unless they are service animals. Make note of hotels outside of your area that take animals or a facility that can shelter pets in an emergency

## **If You Are Traveling by Air, Staying in a Hotel, Other locations**

- Travel with a mini basic disaster supply kit
- Take copies of all prescriptions (medications, eye glasses)
- Energy bars and nuts are a great food source for travel
- Give your itinerary to a trusted friend and check in with your personal support network
- Count how many seats away you are from the exit in an airplane
- Count how many doors away from the stairwell you are from your hotel room
- Read the fire evacuation instructions on the back of the hotel room door

## Specific Emergency Plans

### Tornado

- Know the safest place in your home. Usually on first floor or basement or an interior wall away from windows
- Take a radio, flashlight, cell phone and your disaster kit with you to the location

### Fire

- Keep a smoke alarm on each floor. Check/change batteries with the time changes
- Have a fire exit plan and practice home fire drills
- Know what to do, specifically if you have special needs or a disability
- Keep a fire extinguisher (ABC type) in/near the kitchen and know how to use it
- If there's a fire in a part of the house
  1. Before leaving your room: feel the door with the back of your hand at the top of the door, feel the doorknob. If HOT, Do NOT open!
  2. If you open a door and smoke pours in, close the door and block cracks with wet towels if possible
  3. When leaving home **drop to the floor and crawl** if there is smoke
  4. Once you leave the house do NOT go back in. Tell the firemen if you suspect someone is still inside
  5. Have a designated place outside to meet so you know everyone is out

## **Snow**

- Keep at least a 3 day supply of food and water (one gallon per person per day) on hand at all times
- Use food in your refrigerator first and then food from your freezer. Open these doors as little as possible
- Keep battery-operated lights or flashlights available with backup batteries. Also have a supply of candles and matches
- Keep your first aid kit nearby
- Dress in layers to stay warm
- Always keep a supply of needed medications
- Consider alternative cooking sources if your electricity/gas is off: camp stoves with Propane (be sure to follow safety guidelines) or fireplace
  - ❖ Use caution and follow all safety guidelines when using alternative heat sources
  - ❖ Kerosene heaters are not recommended
- Have a plan for an alternative place to stay within close driving distance

## **Pandemic Flu Outbreak**

- Get a flu shot annually
- Practice proper hand-washing techniques
- If there is an outbreak, stay home as much as possible especially if you have a suppressed immune system  
If you do go out, wear a mask and wash hands frequently
- Keep appropriate medicines on hand (Tylenol, cough syrup, and any medicine recommended by your doctor)
- Add to your basic disaster kit:
  - Thermometer
  - Soap and an alcohol based sanitizer
  - Disposable gloves
  - Bleach
  - Paper towels
  - Surgical masks
  - Electrolyte drinks (Gatorade or Vitamin waters)

*After a disaster, don't become a victim of fraud.  
Be aware of scams and false solicitations for donations.*

# RESOURCES

## Organizations

Know the phone numbers for your local:

City Hall \_\_\_\_\_

Fire and police \_\_\_\_\_

Electric company \_\_\_\_\_

Gas company \_\_\_\_\_

Local Red Cross \_\_\_\_\_

Location of the nearest emergency shelter

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## **HandsOn Central Ohio**

614-221-2255

Call 211 to get information on how to link to services

[www.handsoncentralohio.org](http://www.handsoncentralohio.org)

## Websites

[www.fema.gov](http://www.fema.gov)

[www.floodsmart.gov](http://www.floodsmart.gov)

[www.fcemhs.org](http://www.fcemhs.org) Franklin Co. Emergency Management 614-794-0213

[www.naccho.org](http://www.naccho.org) Pandemic toolkit

[www.ready.gov](http://www.ready.gov)

[www.DisasterSafety.org](http://www.DisasterSafety.org)

[www.redcross.org/services/disaster/beprepared](http://www.redcross.org/services/disaster/beprepared)

Disaster preparedness for seniors and for persons with disabilities



## *About the Sponsor...*

The mission of the **Central Ohio Area Agency on Aging** is to inform and support people as they navigate the experience of aging or disability. We serve the interests of older adults and individuals with disabilities in Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, and Union counties. This information is provided by the Healthy, Well & Wise program of COAAA.

Visit [www.coaaa.org](http://www.coaaa.org) or contact (614) **645-7250**, (800) 589-7277, or [coaaa@coaaa.org](mailto:coaaa@coaaa.org) for general information or assistance.

Central Ohio Area Agency on Aging