

# Emergency Preparedness Tips for Senior Citizens

The four phases or pillars of the emergency management process consist of planning, response, recovery and mitigation. All four phases are interdependent, and generally one phase leads into the next, creating a constant cycle of a state of preparedness.

Using items already present in your own home, you can create simple plans and emergency kits to use and apply in almost every situation. The following is a list of steps that will assist you in taking care of yourself and your loved ones should the need ever arise.

## Step #1 – Know What Can Happen

### What types of incidents can happen in your area?

- Severe weather
- Facility incidents
- Medical emergencies
- Power outages

### How am I warned of these incidents?

- Outdoor warning sirens
- TV/Radio
- Building notification system
- NOAA Weather Radio
- Listen for and follow any instructions that are given

## Step #2 – Make a Plan and Create a Checklist

### Create an emergency plan

- If you have special circumstances and know that you will need assistance during an emergency,

identify three dependable people that can help and prepare your plans and kits with them

- Provide a spare key to give to at least one of these trusted individuals and ask them to check in on you during an emergency.
- Know how to get out of your house or apartment; know your emergency exits.
- Select two locations as a meeting place for you and members of your household.
- Choose an out-of-town contact to let them know you are okay.
- Post emergency numbers by the phone.
- Have your checks direct deposited so your money is accessible.
- Test your plan.

### **Create a checklist**

- Know your home's "safe places" or shelter areas.
- Know an escape route.
- Know how to operate utilities.
- Check your insurance coverage.
- Have a contact list of family, friends and neighbors readily available.
- Change the batteries in your carbon monoxide and smoke detectors on an annual basis.

### **Step #3 – Create an Emergency Kit**

- Many people usually have most of these items already or they are inexpensive to purchase.
- Make one for your home, car and business.
- There should be a kit for each member of your household.
- Don't forget to plan for your pets.
- There should be enough supplies to last for at least three days.

- Backpacks or suitcases with wheels make great emergency kits carriers.

### **What to put in an emergency kit:**

- Cash
- Food and water
- Clothing
- Battery powered radio
- One-week supply of medicine
- Whistle – to call for help
- Key-ring flashlight
- List of emergency contacts
- Copies of bank accounts, credit cards, driver's license, insurance, etc.
- First aid items

### **Step #4 – Practice and maintain your plan**

- Rotate any stored food and beverages.
- Test your contact numbers to ensure that they are still in service.