

Emergency Preparedness for Seniors

Emergency Supplies

Three-Day Supply

Water-one gallon per day per person

Food- include a manual can opener

Radio- battery-powered

Flashlight- include extra batteries

Wrench- to turn off utilities

First Aid Kit

Dust Mask – to filter out contamination

Weather – warm clothing may be needed

Pack these in an easy-to-carry bag

Medical Considerations

One-Week Supply

Medications- always keep at least a one-week supply on hand, if possible

Prescriptions- keep a copy of your prescriptions, the dosage of each, and know why you take the medicine

Other- Eyeglasses, hearing aids & dentures; oxygen units & mobility aids; personnel sanitation supplies; gloves & masks; catheter or other specialty medical supplies

Communication

Contact List- written list of phone numbers and email addresses to bring with you; include medical provider contact information

Cell Phone – including charger

Communication Plan- With family members and friends, plan how you will contact each other in an emergency. It may be easier to make a long-distance call than to call across town due to congested phone networks.

Internet- passwords for websites

Documents

Family Records- include photos of family members and pets

Identification – driver's license of ID, birth certificate, marriage license, past port, social security cards

Financial – credit card & bank information; tax documents; CD & IRA documents

Insurance – health insurance, Medicare or Medicaid cards, policy summary pages

Testamentary- will, living, power of attorney

Other Considerations

Pets/Service Animals – Make sure to include your pets or service animals in your emergency plans. They will need to have water and food put aside in the emergency kits, as well. Make sure they are up-to-date on their vaccinations; with you or in separate animal shelter if you have their vaccination records with you

Money – In the event of an electrical outage, you may not be able to get money from a bank or ATM. Consider putting aside cash in small bills for emergency use, or have traveler's checks on hand.

Contact Sarpy/Cass Health Department for more information: Brittney Hensley 402-537-6972