

Suggested Emergency Kit Supplies (Source: FEMA)



Advocacy. Action. Answers on Aging.

Store these items in easy to carry containers (plastic boxes, durable bags) near the exit door of your home:

- Three-day supply of food (non-perishable, canned or boxed)
- Manual can opener
- Three-day supply of water (one gallon per person, per day)
- Flashlight with extra batteries
- Radio with extra batteries
- First aid kit
- Hand sanitizer, moist towelettes, toilet paper, other hygiene items needed
- Matches in waterproof container
- Whistle (for communication-1 blow for “Yes”, 2 blows for “No”, 3 blows for “Help” or for a warning signal)
- Extra clothes and blankets (more if it’s winter or a colder climate)
- Photocopies of identification, credit cards, and other important documents (store in plastic bags)
- Cash and coins (ATMs may not be working)
- Medical supplies (extra medicine, glasses, hearing aid batteries)
- Garbage bags and duct tape
- Tools (wrench, screwdrivers, hammer)
- Pet supplies, if necessary

Maintenance Tips:

- Store in a dry, cool place near an exit route
- Update your kit at least once a year as your needs change
- Choose food that you know you and your family will eat
- Throw out expired items or canned goods that are swollen, dented, or corroded
- Replace water every 6 months and write the date on the container
- If you care still driving, consider having a kit in your car



Tips for Seniors in Emergency Situations

(Source: CA Department of Aging)



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EARTHQUAKES

Before an earthquake:

- Get rid of hazards. Make sure you have a place (under a sturdy table or desk) for protection.
- Secure heavy furniture, water heaters, and special equipment (telephones, oxygen tanks) so they don't tip over
- Put secure lights that light up if the power goes out in each room
- If you use a walking aid, keep it near you at all times
- Keep a list of medications, allergies, special equipment, names and numbers of doctors and family members (keep one copy on you and another with your emergency kit)
- Maintain your emergency kit

During and after an earthquake:

- If you are in bed or sitting down, do not get up
- If you are standing up, seek cover under a sturdy desk or table
- Turn on a portable radio for instructions or updates
- There may be aftershocks, so remain in a safe location
- If you must evacuate, leave a message at your home of where you have gone

WILDFIRES

- Evacuate yourself, family members, and pets. Your safety is more important than possessions.
- Before you leave:
 - Close vents, windows, doors, pet doors, shutters, and blinds
 - Close inside doors
 - Shut off the gas and propane at the source
 - Disconnect automatic garage openers so it can be opened if the power goes out. Close the garage door.
 - Take medication, assistive devices, and glasses, and important papers. Take pictures or mementos if you have time.
 - Turn on all lights (inside and outside)
 - Don't lock your front door. Firefighters may need to get into your house.

EVACUATION TIPS

- If you drive, always keep the tank at least $\frac{1}{4}$ filled. Gas stations may not be open in an emergency.
- Have an out-of-state contact to call and tell that you are all right.

County of Orange Office on Aging
Older Adult Information & Assistance 1-800-510-2020