

FILL OUT THE EMERGENCY INFORMATION CARD

INCLUDED WITH THIS BOOKLET.
KEEP IT WITH YOUR KITS.

**In a disaster
CELL PHONES AND CORDLESS PHONES MAY NOT
WORK**

Use a land line phone with a phone cord that can be plugged directly into a phone jack.

PLAN FOR YOUR PETS



Pack a kit for your pet(s) too! Include:

- | | |
|--|--|
| <input type="checkbox"/> A current photo of you with your pets | <input type="checkbox"/> Leash |
| <input type="checkbox"/> Collar with ID tags | <input type="checkbox"/> Toys |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Pet carrier |
| <input type="checkbox"/> Food/water/bowls | <input type="checkbox"/> Blanket/
pet bed |
| <input type="checkbox"/> Litter and litter pan | |
| <input type="checkbox"/> Veterinary information | |

More Information

Ready Wisconsin www.ready.wi.gov www.coadwi.org	Federal Emergency Management Agency (FEMA) www.FEMA.gov
Red Cross in Southeastern Wisconsin www.redcrossinsewis.org	Milwaukee County Department on Aging www.county.milwaukee.gov/aging

A Senior Safety Reminder From



ANYTHING CAN HAPPEN!

**FLOOD
TORNADO
BLIZZARD
FIRE
TOXIC SPILL
STORM**

**ARE
You
Prepared?**

IT'S AS EASY AS:

- 1** STAY INFORMED
- 2** HAVE A PLAN
- 3** KEEP A KIT

Milwaukee County Department on Aging and the American Red Cross of Southeastern Wisconsin offer this information as suggestions for your safety.

1 STAY INFORMED

Important!

A BATTERY RADIO A FLASHLIGHT
EXTRA FRESH BATTERIES

If power is out - the radio may be your ONLY link to information

KNOW

- **WHAT'S COMING**

Keep watching and listening to weather and news

- **EMERGENCY OR EVACUATION PLANS**

YOUR PERSONAL PLAN SHOULD INCLUDE:

- Home health or other care providers
- Building management
- Emergency Evacuation Plans

Be sure to get this information at least once a year

(SEE SECTION 3: KEEP A KIT)

- **YOUR PERSONAL EMERGENCY**

SUPPORT TEAM

Talk with family and friends. Find out who **will help**:

- Friends and Neighbors
- Local Community Contacts
- Church groups

Leave an extra house key with a trusted friend or relative

EMERGENCY ESSENTIALS CHECKLIST

SAFE AT HOME

- Water
Three gallons for each person (one gallon a day)
- Food
Non perishable / no cooking for three days
- Medications
Keep at least a three day supply at all times
- First Aid Kit
- Whistle
- Flashlight / batteries
- Radio / batteries
- Blankets and warm clothing
- Medical supplies/equipment
- A land line phone that does not need batteries or charging (not wireless or cordless)
- Manual can opener
- Markers and tape in case you need to make a help sign

EVACUATION ESSENTIALS

- Wallet/Identification
- Flashlight / Batteries
- Radio / batteries
- Credit/debit cards
- Cash/checkbook
- Blanket
- Towel/wash cloth
- Moist towelettes
- Hand sanitizer
- Plastic garbage bags
- Toilet paper
- Soap
- Toothpaste/denture cleaner
- Denture supplies
- Eyeglasses
- Hearing Aid / batteries
- Medications for 1 week
- Prescription Copies
- Assistive Devices
- Documents
- Pet Needs

3 KEEP A KIT

ESSENTIAL SUPPLIES

FOR THREE DAYS

Water

1 person: three gallons

Food

Three day supply
Non-perishable
(instant or no cooking needed)
Manual can opener

Medications

One week supply if possible. Have copies of all prescriptions and dosage instructions. If you have other medical needs write them down and keep them in your kits.

Flashlight and fresh batteries

First Aid Kit

Buy or make your own

Whistle

To signal for help
if you are trapped or
unable to get out

Battery Radio and fresh batteries

PERSONAL COMFORT AND HYGIENE

Blanket or sleeping bag	Denture supplies
Towel/wash cloth	Eyeglasses
Moist towelettes/hand sanitizer	Toilet paper
Hearing Aid and extra batteries	Soap
Plastic garbage bags/duct tape/ties	Medications for ONE WEEK
Toothpaste/denture cleaner	Portable oxygen
Assistive Devices, wheelchair, walker, cane, etc.	

DOCUMENTS

Put copies of all essential documents in a plastic zip bag

Medicare/insurance information	Copies of all Prescriptions
Support team contact information	Health instructions
Bank information	Medical history
Social Security Information	Allergies
Power of attorney	Other information
Will/Deeds	Emergency Information Card

SAFETY INFORMATION

Family, Friends and Neighbors, Church

Name/Location

Phone

Service Providers/Residential Management

Name/Location

Phone

Emergency Response Contacts

Name/Location

Phone

City/Town/Village	
Police	
Fire	
Health Department	
Social Service Information (non medical)	Dial 211

2 HAVE A PLAN: Be ready for **ANYTHING**

TO BE SAFE AT HOME

Listen to news and weather reports.
Stay home if it is too dangerous to leave.
Use Common Sense and Remain Calm.

PLAN

FOR SHELTERING SAFELY AT HOME

- Keep three days of food, water and medications on hand
- Check freshness on food and supplies and change as needed
- Change stored water every three months

KNOW

THE SITUATION

- Listen to the news. If the power is out use the battery radio.
- Cooperate with emergency responders in your community.

CONTACT

YOUR SUPPORT TEAM (friends, family, neighbors, church)

- Let people know where you are.
- Have them call you to check up on you.

REMEMBER

DIFFERENT TYPES OF DISASTERS

- Never leave during an emergency unless you have help.
- If power goes out stay as warm or as cool as possible depending on the season.
- Use the phone to call for assistance until you contact someone.
- If the phone is not working put a HELP sign in a window to alert people that you need help.



IN CASE YOU HAVE TO LEAVE YOUR HOME

Keep your essentials in one place.
Store your eyeglasses, hearing aid and other important items in a bag near your bed.

PLAN

FOR MOVING OUT

- Decide in advance where you might go.

KNOW

YOUR OPTIONS

- Check and update your evacuation kit supplies regularly.
- Be aware of how to get transportation you might need.

CONTACT

YOUR SUPPORT TEAM (friends, family, neighbors, church)

- Let people know where you are going.

REMEMBER

IMPORTANT DOCUMENTS AND PERSONAL ITEMS

- wallet/cash/atm cards
- bank account information
- identification-passport, birth certificate, etc.
- insurance cards
- copies of prescriptions
- medications
- address book
- cell phone and charger
- spiritual book
- personal kit