

RECOMMENDED IMPORTANT SUPPLIES TO INCLUDE IN A KIT:

- **Bottled water** – each person will need at least one gallon every day
- **Foods that won't spoil** – at least three days' worth
- **Cash** – ATMs won't work without electricity
- **Extra medicine** and **dosage information**
- **Medical equipment information**
- **Extra hearing aid** and **batteries**
- **Extra eyeglasses** and **contacts**
- **Extra batteries** for **wheelchairs, oxygen,** etc.
- **Battery-powered radio** and **extra batteries**
- **Flashlight** and **extra batteries**
- **First aid kit**
- **Manual** (non-electric) **can opener** for food
- **Garbage bags** and **plastic ties** for personal cleanliness
- **Copies of important documents**
- At least three days' worth of **pet food, bottled water** and **supplies** for your service animal or pet



PERSONAL PREPAREDNESS FOR OLDER PENNSYLVANIANS IS IMPORTANT. GET READY NOW.



1-888-9-READYPA
1-888-973-2397
 www.readypa.org



The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, you can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. This guide outlines easy measures older Pennsylvanians can take to start preparing for emergencies before they happen. Get ready now.



1. BE INFORMED

Pennsylvania can be hit with a wide variety of disasters and emergencies, including floods, fires, winter storms, hazardous materials incidents (like chemical spills), tornadoes and windstorms. You can learn about these threats and how people with disabilities can prepare for them by visiting www.readypa.org, and downloading a copy of the Pennsylvania Emergency Preparedness Guide and brochure.

2. BE PREPARED

Once you are aware of the different disasters that can affect you, the next step is to make a plan and prepare a kit with emergency supplies so that you and your family are ready.

Make a Plan. If you will need assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people now – before a disaster strikes – and ask them to be part of your support network. Plan how you will contact one another, discuss what you will do in different



situations, and practice your plan. Make sure that someone on your list has an extra key to your home and knows where you keep your emergency supplies. Teach them how to use any lifesaving equipment or give you specific medicine in case of an emergency. If you use a wheelchair, oxygen or other medical equipment, show friends how to use them so they can move you if necessary or help you evacuate. If you undergo routine treatments at a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to them about their emergency plans. Work with them to identify back-up service providers within your current area as well as the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to someone who provides health care, like your doctor, about what you can do to prepare for its use during a power outage.

ReadyPA has created an Emergency Plan template that you can download at www.readypa.org, or request a copy by calling 1-888-9-READYPA.

Get a Kit. During an emergency, you should be prepared to make it on your own for at least three days. Think about the basics first, like food and water to last for three days. Each person in your family will need at least one gallon of water every day and foods that won't spoil. If you take medicine or use a medical treatment every day, be sure you have enough on

hand to last you for at least one week if possible. You should also keep a list of your prescriptions, including the medication name, how many times you take it per day and any other directions.

Also have copies of your medical insurance, Medicare and Medicaid cards readily available.

Be sure to include at least three days worth of food and bottled water for each of your service animals or pets, as well as their collar with ID tag, medical records, medications they take and other emergency pet supplies.



Remember to include information about any life-saving devices that you rely on in your emergency kit, and also make sure a trusted friend or family member has a copy of the documents. If you have a communication disability, make sure your emergency information list has

the best way to communicate with you.

In addition, wearing medical alert tags or bracelets that identify your disability can be crucial during an emergency situation. See the checklist in this brochure and visit www.readypa.org for the full list of recommended supplies and more easy tips on creating a kit.

3. BE INVOLVED

After preparing yourself and your family for possible disasters, take the next step and get involved in preparing your community. Learn more at www.readypa.org and www.serv.pa.gov.

Make sure your family has a plan in case of an emergency. Keep a copy of this important contact **information** in your emergency supply kit or another safe place where you can **easily** access it during a disaster.

Out-of-Town Contact

Name: _____

Telephone #: _____

Email: _____

Neighborhood Meeting Place

Evacuation Location: _____

Telephone #: _____

Other Important Information

Doctor(s)

Name: _____

Telephone #: _____

Pharmacy

Name: _____

Telephone #: _____

Medication(s)

Medical Insurance

Name: _____

Telephone #: _____

Policy #: _____

Homeowners/Rental Insurance

Name: _____

Telephone #: _____

Policy #: _____

Veterinarian

Name: _____

Telephone #: _____

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