

# Are you Prepared?

Disasters strike when you least expect it. Keep you and your family safe during an emergency. Prepare beforehand by creating a kit/plan. Be sure to practice the plan with your family.

## Some facts:



- 6 in 10 Americans have not developed or practiced their emergency plan with their family
- 48% of Americans lack emergency supplies to use during a disaster

-FEMA.gov

## Make a Plan

Start by answering these three questions:

- 1. How will you receive local emergency information?**  
(TV, radio, Facebook, friends)
- 2. What is your plan if you have to leave your home quickly?**  
(Where will you go? What will you take? How will you get there?)
- 3. How will you contact family and friends?**  
(Phone numbers and email addresses)

## Create a Kit

It's important to create an emergency kit with supplies you may need during a disaster. Gather these items and check them off your list.

- Water
- Nonperishable, ready-to-eat food (infant formula)
- Medication, eyeglasses, contacts
- Hearing aids
- Flashlight with batteries
- First Aid Kit
- Change of clothing
- Pet food/water
- Personal items: toothbrush, toothpaste, soap
- Blanket
- Emergency Information: insurance policies, IDs, phone numbers
- Cash
- Battery powered radio



# Emergency Preparedness for Seniors

If you are a senior, it is important for you to be prepared for the next disaster to strike. As a senior you may face some additional challenges during a disaster. Your current health status may worsen during a disaster. The support services that you may rely upon now may not be available during a disaster. This means it is up to YOU to be prepared!

Here are a few things you can do now to be better prepared:

## Tip

Choose a contact person that will check on you during a disaster and decide on a communication plan. Consider speaking to your neighbors to create a check-in system.

## Tip

Create a list of all medications including the exact name of the medication, dosage, and contact information for the pharmacy or doctor that prescribed the medication.

## Tip

If you live in a residential facility, familiarize yourself with the emergency notification plans. Discuss this information with your family members.

## Beware!

Even during times of disaster, people may try to take advantage of you and your situation! Be on the look out for people offering sales, asking you for your financial information, such as account numbers and credit card information, and anyone that is offering services without a written agreement. This could potentially cause you to fall victim to a SCAM!

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Central Michigan District Health Department  
*Promoting Healthy Families, Healthy Communities*



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