

WHAT YOU NEED TO KNOW!

Senior Preparedness

A disaster can affect each person differently. Be aware of what hazards and disasters could affect you. Working with your family and friends to create a support network will make all the difference during the next emergency.

Establish a Personal Support Network

A personal support network is made up of individuals who will check on you in an emergency to ensure you are okay and to give assistance if needed. This network consists of friends, roommates, family members, relatives, personal attendants, co-workers, and neighbors.

If You Need To Evacuate

- Public Shelter locations and opening times will be broadcast over TV and radio if an emergency dictates an evacuation. Know which two shelters are closest.
- Coordinate with your home care provider for evacuation procedures.
- Be aware that public shelters are hot, crowded, and noisy. **In addition you must bring all of your disaster supplies with you.** Perhaps sheltering in place with a friend who can assist you is a better option. Shelter in place only if you live in an area outside of evacuation and flood zones.
- On Oahu, if an evacuation is ordered City buses will become evacuation shuttles taking you to the nearest designated public shelter. Transportation during an emergency is free and buses can be flagged down anywhere along their route. You need not be at a bus stop.

Additional Disaster Supplies for Seniors

- Prescription medicines, list of medications including dosage, and a list of allergies
- Extra eyeglasses and hearing-aid batteries
- Incontinence supplies
- Extra wheelchair batteries, oxygen
- Medical insurance and Medicare cards
- List of style and serial numbers of medical devices such as pacemakers
- List of doctors and relatives or friends who should be notified if you are injured

DEPARTMENT OF EMERGENCY MANAGEMENT

City and County of Honolulu

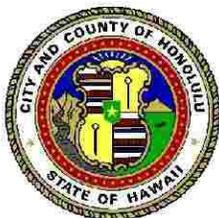
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Plan and Prepare Now for the Next Disaster

Learn – Educate yourself on disasters that can affect you and your Family.

Plan – Create and exercise a Family Disaster Plan. Locate a secondary meeting place and designate an off island contact.

Individual, Family and Business Disaster Planning – Disaster planning is everyone's business. Carefully review this information and take the time today to discuss preparedness planning with family, friends and co-workers.

Develop a 7-Day Disaster Supplies Kit

Your disaster supplies kit should contain enough of the following items to last for 7-days:

- **Water** - One gallon of water per person per day for seven days for drinking and sanitation
- **Food** - Non-perishable food that does not require cooking. Popular local foods such as spam, corned beef and vienna sausages
- **Eating Utensils** – Plates, mess kits, forks and chop sticks. Don't forget a non-electric can opener for canned foods
- **Radio** - Battery-powered or hand crank radio with NOAA Weather alert
- **Light** - Flashlight and or a portable fluorescent light
- **Spare batteries** - Check annually
- **First Aid** – Get a good kit and consider enrolling in a certified first aid course
- **Whistle** – Important for signaling for help. A whistle carries much farther than the human voice and uses less energy than yelling
- **Dust Mask** – Helps to filter contaminated air
- **Sanitation** - Moist towelettes, garbage bags and plastic ties for personal sanitation
- **Tools** - Wrench or pliers to turn off utilities, duct tape
- **Maps** - Local area maps
- **Prescription** – Special medications and glasses
- **Baby** - Infant Formula and diapers
- **Pets** - Pet food and extra water for your pet

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