

DISASTER PREPAREDNESS FOR SENIORS

Personal Support Network

- ◆ Partner with your family and friends to create your Personal Support Network.
- ◆ Your network can include family, friends, roommates, neighbors, personal attendants and co-workers. During a disaster they will check if you are okay and give assistance if needed.

If You Need To Evacuate

- ◆ Shelter-in-place with someone in your Personal Support Network, but only if they live in a home built after 1994 and is located outside the evacuation zone.
- ◆ Coordinate with your Personal Support Network if you need to go to a public emergency Shelter. Shelter locations and opening times will be broadcast on TV and radio. Know which two shelters are closest. Shelters can be hot and crowded, making them uncomfortable for senior citizens and those with disabilities. Also, you must bring all of your own disaster supplies.
- ◆ If an evacuation is ordered on Oahu, city buses become evacuation shuttles that will take you to the nearest designated emergency shelter. Evacuation shuttles are free and can be flagged down anywhere along their route. You do not need to be at a bus stop.

A disaster can affect each person differently. Learn how disasters may affect you.



Department of Emergency Management City and County of Honolulu

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Study and Prepare

- ◆ Study the **Plan and Prepare Now for the Next Disaster** flyer, then make your 14-Day Disaster Supply Kit (minimum of 14 days for each person).

Additional Disaster Preparedness Items

- Contact information of your Personal Support Network members, doctors and other health care providers.
- Prescription medicines and dosage and a list of allergies.
- Extra eyeglasses and hearing-aid batteries.
- Extra wheelchair batteries and oxygen.
- Medical insurance and Medicare cards.
- The make, model, and serial number of pacemakers and other medical devices.
- Use **HNL Info** to stay informed about emergencies, weather advisories, traffic bulletins, and much more via SMS or Email.
- Tune into local TV/Radio for updates.
- A battery powered AM/FM radio with NOAA Weather Alert should be part of your Disaster Supply Kit.

PLAN AND PREPARE NOW FOR THE NEXT DISASTER

Make Your 14-Day Disaster Supply Kit (minimum of 14 days for each person)

- Water** One gallon of water per person per day for drinking and sanitation.
- Food** Non-perishable food that does not require cooking. Survival foods such as peanut butter, protein shakes, dried fruits, & nuts. Infant Formula & food for special needs.
- Utensils** Plates, utensils and a manual can opener.
- Radio** Battery-powered or hand crank radio with NOAA Weather alert.
- Flashlight** with extra batteries.
- Cell phone** and solar charger.
- 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.



LEARN

Educate yourself on disasters that can affect you and your family.

PLAN

Create and practice a family disaster plan. Designate a secondary meeting place and an off-island contact.

Individual, Family and Business Disaster Planning

Disaster planning is everyone's responsibility. Carefully review this information and take the time today to discuss & plan preparedness strategies with family, friends, neighbors and co-workers.



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- Sanitation** Moist towelettes, heavy-duty garbage bags with ties, hand sanitizer, toilet paper, baking soda/kitty litter to absorb odors, and gloves for personal sanitation.
- Tools** Wrench or pliers to turn off utilities, basic tool kit, duct tape.
- Important documents and cash** Carry vital papers in a waterproof container.
- Maps** Local area maps.
- Medical** Prescription medications, glasses/contact lenses, medical devices, and a first aid kit.
- Pets** Pet food and extra water.
- Hygiene** Feminine products, personal hygiene items, diapers, incontinence supplies.
- Pictures** Carry a photograph of you, your family & friends to help locate each other if you are separated.
- HNL Info** Use HNL Info to stay informed about emergencies, weather advisories, traffic bulletins, and much more via SMS or Email.