



REV 9/2025

CITY AND COUNTY OF HONOLULU

# DISASTER PREPAREDNESS FOR SENIORS

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



## **14 DAY DISASTER SUPPLY KITS - ADDITIONAL CONSIDERATIONS FOR SENIORS**

### **PERSONAL SUPPORT NETWORK**

- ✓ A personal support network is a pre-established group of people who can support you in an emergency and give assistance if needed.
- ✓ Your network can include family, friends, roommates, neighbors, personal attendants and co-workers.
- ✓ Talk to the people in your life to create your own personal support network.

### **EVACUATION PLANS**

- ✓ Learn which hazards could impact your home and when you may need to evacuate or if you can shelter-in-place.
- ✓ If you do need to evacuate, make sure to take your supplies with you. Leave early if you can. Do not wait for the last minute as it may be difficult or impossible for someone to come and pick you up.
- ✓ If you are able to shelter-in-place, consider asking friends or family to stay with you in the event you need assistance.

### **BUILD A KIT 14-DAY DISASTER SUPPLY KIT**

- ✓ Pack your most essential supplies in an easy to carry container such as as backup or rolling suitcase in case you need to evacuate quickly. If you plan to shelter with family or friends, ask if you are able to store some of your disaster kit at that location. Learn more at [honolulu.gov/dem/build-a-kit](http://honolulu.gov/dem/build-a-kit).

In addition to your 14-day supply of essentials like food, water, and medications, make sure you prepare for any health or mobility needs:

- Contact information for your doctors and other health care providers.
- A list of all prescriptions and dosage and a list of allergies.
- Medical insurance and Medicare cards.
- The make, model, and serial number of medical devices like pacemakers or other implants.
- Back up power and chargers for medical or mobility devices.
- Extra glasses, hearing aid batteries, or similar assistive items.

### **STAYING INFORMED DURING A DISASTER**

- Tune in to local TV/radio for updates.
- Sign up for HNL Alert at [hnlalert.gov](http://hnlalert.gov) or text "HNLAlert" to 888-777.



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**DEPARTMENT OF EMERGENCY MANAGEMENT**

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