

Be Prepared!

Here is a list of things that everyone needs to have on hand in case of an emergency.

 <p>Flashlight and Extra Batteries</p>	 <p>First Aid Kit</p>
 <p>Credit Cards and Cash (kept in a safe and confidential place!)</p>	 <p>Prescription Medications (3-day supply at least)</p>
 <p>Manual Can Opener and Tools</p>	 <p>Battery-Powered Radio</p>
 <p>Three Day Supply of Food and Water</p>	 <p>Extra Keys</p>
 <p>Cell phone charger chord</p>	 <p>Pet Food</p>

These guidelines have been produced by



For more than 45 years, Lifespan has been helping older adults and their caregivers approach aging with greater information, supportive services and the guidance to make the most of the years ahead.

Learn more at
lifespanrochester.org.

Be Safe Be Ready Be Prepared

Important Emergency
Planning Guidelines
from Lifespan
and R.S.V.P



What to Do After a Disaster Strikes

- Check for damage at home
- Check for household hazards including fires
- Check on the neighbors — get help for seriously injured people
- Connect with your out-of-town contact; limit other calls unless life threatening situation arises
- Avoid downed power lines
- Monitor broadcasts for sources of disaster relief assistance

If Power Is Lost

- Contact your local power company immediately
- Turn off all major appliances
- Keep your refrigerator and freezer doors closed
- Use portable generators cautiously

If Instructed to Leave Home

- Listen for alerts from county or state agencies to find out where to go
- Look for the best exit. If the way is blocked, look for an alternate route such as windows, stairs, ramps
- Gather only the essentials if there is time
- Make sure someone (family, neighbor, caregiver) knows IN ADVANCE if you will need help/physical assistance in the event of an emergency evacuation or other emergency.

If You Have a Pet or Service Animal

- Take your pets with you
- Service animals are permitted in emergency public shelters
- Make sure you have the proper identification and equipment with you
- Check with county emergency manager to find out about pet friendly shelter plan

My Checklist

MY NAME

DESIGNATED MEETING PLACE If I leave home, my emergency contacts will look for me here:

“OUT-OF-TOWN” CONTACT to notify of my whereabouts:

NAME

TELEPHONE NUMBER

EMAIL ADDRESS

NAME & TELEPHONE NUMBERS FOR PEOPLE NEAR ME:

FAMILY

NAME

TELEPHONE NUMBER

CAREGIVERS

NAME

TELEPHONE NUMBER

WORK

NAME

TELEPHONE NUMBER

PROFESSIONAL CONTACT OR AGENCY AFFILIATION:

NAME

TELEPHONE NUMBER

OTHER PERSONAL CONSIDERATIONS

- Verbal Nonverbal

I NEED HELP WITH (Examples, reading emergency signs; following audible alarms; accessing mobility aids or ramps or other special needs):

Other things you might need – depending on your situation

- Oxygen
- List of medications including dosages
- Doctor and Pharmacists contact information
- List of allergies
- Bottled water and/or kettle to boil water to have safe, clean drinking water



- Extra eye glasses, contact lens solution
- Extra hearing aid batteries
- Extra wheelchair batteries