

PERSONAL EMERGENCY PREPAREDNESS: SENIORS & ELDERLY



Have a Buddy you speak to every day. It can make a big difference in being and feeling safe to know that someone is going to check on you every day – and if there were ever a problem, they would notice right away.



Be sure you can stay in touch. Write down contact information for people you care about (and people who care about you). Also, pick one person (and a backup) to be your contact, and let everyone know who it will be. If you make just **ONE CALL**, s/he can let everyone know you're okay!



Build a Disaster-Kit. Many of the things that can keep you safe and comfortable in an emergency are small, and often simple, low-cost items or items you already have. Even if you don't have every single item, put small, useful things in a small bag that you can pick up and carry at a moment's notice.

(See *What is a Disaster Kit?* on the next page.)



Ask your family for preparedness supplies. Some supplies can be expensive. But do you ever get gifts you don't really need or want? Ask your loved ones to give you safety and preparedness instead – it's a gift of love to keep you safe and comfortable!



KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance...

Health & Community Services Department

For more information, please contact | Jeff Parsons, Emergency Preparedness Coordinator | 269-373-5200

WHAT IS A DISASTER KIT?

If you keep a Disaster Kit nearby, you can feel confident in a crisis knowing you have a few valuable resources waiting for you close at hand. The key to using a Disaster Kit is the same key to walking the world prepared: it's knowing you have the creativity and the attitude to make solutions happen using whatever you've got. You may not always have many resources, but you can always be resourceful – and Disaster Kits help you practice it!

Here are some ideas we like – how would YOU create solutions with these tools?

	<ul style="list-style-type: none"> • If you have no gloves, wear multiple baggies on your hands to be a little safer. • Protect instructions from water, greasy fingers and food! 		<ul style="list-style-type: none"> • Use a code to communicate: 1=yes, 2=no, 3=help! • Warn people in danger.
	<ul style="list-style-type: none"> • Protect yourself from airborne hazards with a wet cloth on your mouth and nose. • Stay cleaner using it as a towel or washcloth. 		<ul style="list-style-type: none"> • Stay safer at night, simply walking to your car.
	<ul style="list-style-type: none"> • Conserve water by using hand sanitizer in between properly washing your hands. • Alcohol can help remove “permanent” ink to erase it. 		<ul style="list-style-type: none"> • Protect fragile or breakable things by wrapping them in tissue • Give tissues to kids as a safe, quiet toy they can destroy if they want!
	<ul style="list-style-type: none"> • Mark special areas (kitchen, first aid) or rope off unsafe places. • Make a temporary belt or replacement shoelaces. 		<ul style="list-style-type: none"> • Stay warm if evacuating at night – Mylar reflects heat AND blocks wind and even rain. • Stay VISIBLE wrapped in silver, so drivers and others can see you!
	<ul style="list-style-type: none"> • Help humanize and identify people with their names on the shirts. • Put special needs information on your arm, clothes, or signs. 		<ul style="list-style-type: none"> • Record vital information for contacting your loved ones. • Write down an inspiring quote, prayer or poem to help you keep the right attitude in a crisis.

Important personal information/items to include in your Disaster Kit

- Family contact Information
- Doctors contact Information
- Types of services such as dialysis, treatments, respiratory care, etc.
- Pets medication/paperwork
- Pictures
- Clothing/Shoes
- Savings that are stored in the home
- Treasured items you don't want to lose.



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