

If you need to evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials.

Fire safety

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Stay low to the ground when escaping from a fire.
- Never open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.

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KANSAS DEPARTMENT ON AGING

Emergency Preparedness for Older Adults



Tips and suggestions for preparing for an emergency or a disaster

KANSAS
DEPARTMENT ON AGING

Make a plan

- Select at least one out-of-state and one local friend/ family member for family members to call if separated:

Local contact: _____

Non-local contact: _____

- Choose two emergency meeting places:

Nearby: _____

Other: _____

- Know how to turn off the water, gas and electricity at main switches when necessary.
- Post up-to-date emergency telephone numbers near telephones throughout the house.
- Have a battery-operated radio to tune to for emergency information, and make sure there are back-up batteries on hand.
- Keep family records in a water- and fire-proof container.



More information about emergency preparedness is available from your local emergency management office and American Red Cross chapter. Know where they are and how to contact them and record the information here.

Emergency management office: _____

Local Red Cross chapter: _____

Area Agency on Aging: _____

Prepare a home emergency supplies kit...

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container, such as a backpack or duffle bag.

Include:

- **Water:** One gallon per person per day. Store in sealed, unbreakable containers. Identify the storage date and replace every six months.
- **Food:** A supply of non-perishable packaged or canned food and a non-electric can opener.
- **Clothes:** A change of clothing, rain gear and sturdy shoes.
- **Blankets and/or sleeping bags.**
- **Medications, an extra pair of glasses, first-aid kit.**
- **Identification, credit cards and an extra set of car and house keys.**
- **Battery powered radio, flashlight and plenty of extra batteries.**

and emergency car kit

Include:

- Battery powered radio, flashlight and extra batteries for both
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First-aid kit and manual
- Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter
- Maps, shovel, flares
- Tire repair kit and pump

