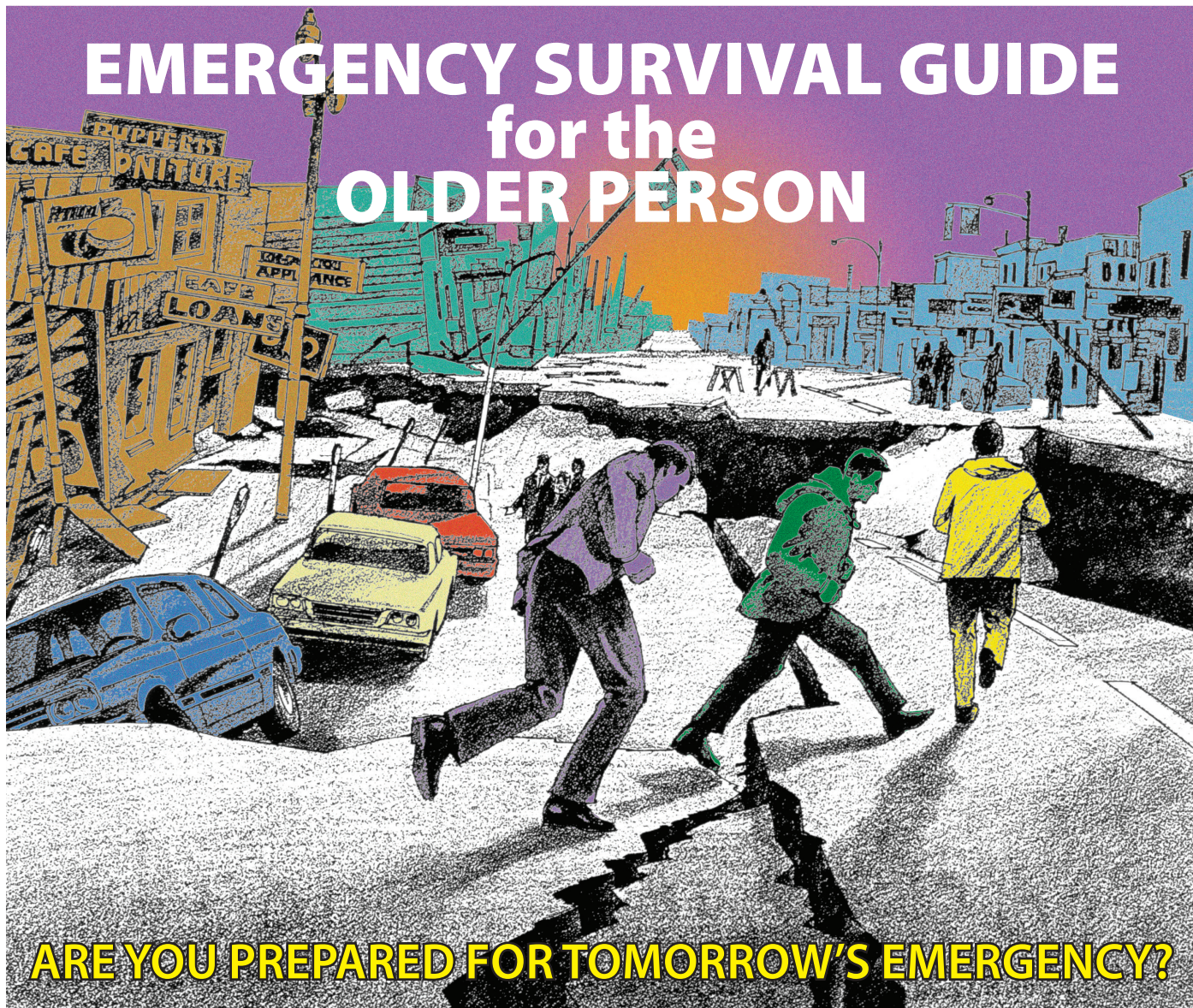


# EMERGENCY SURVIVAL GUIDE for the OLDER PERSON



**E**mergencies are a fact of life in California. For example, the state is crisscrossed with numerous major active faults that cause earthquakes. As citizens of the state, we must assume the responsibility for our own survival and self-reliance during and after a major emergency. There are many things that can be done to prepare for a safer response and a more rapid, less traumatic recovery. During an emergency local officials and relief workers will be on the scene, but

they cannot reach everyone immediately. You need to be prepared, because it could be hours or days before emergency assistance arrives. An emergency itself may not cause injury or death. Most casualties result from partial building collapse or falling objects, like chimneys, bricks, ceilings and light fixtures. Also, leaking gas and improper use of electricity can cause fires. Many of these conditions are easily preventable, and you should take steps now to help protect you and your family.

**LEARN THESE IMPORTANT STEPS NOW – BE PREPARED IN CASE OF EMERGENCY**



# BEFORE THE EMERGENCY

**D**evelop a family or immediate neighborhood disaster plan and supply kit, addressing the items listed. Have an agreement with neighbors or friends to check up on each other in case of an emergency. Prepare yourself, your family, and your home by completing these following activities.

## WATER

One gallon per person per day. Empty and refill with fresh water every six months. Use 2 liter plastic bottles. To purify water, add 1/8 teaspoon (or 8 drops) of regular unscented liquid household bleach for each gallon of water, stir it well and let it stand for 30 minutes before you use it. Store disinfected water in clean containers with covers.



## FLASHLIGHT

plus extra batteries. Do not use matches or candles after a disaster until you are certain no gas leaks exist.



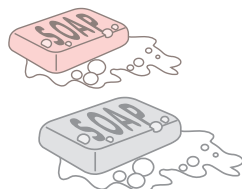
## RADIO

Battery powered or hand cranked radio and extra batteries so you can stay in touch with the Emergency Alert System (EAS). Also consider a radio that can broadcast National Weather Service information



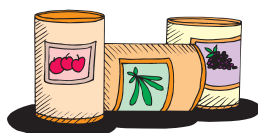
## HYGIENIC SUPPLIES

Soap, toilet paper, moist towelettes, personal hygiene items.



## FOOD

Non-perishable food for at least 3-7 days. Select foods that do not require refrigeration, cooking or preparation.



Items such as canned or dehydrated food, powdered milk, nutrition bars and canned juices can be rotated with your daily diet and replenished on a regular basis. Include eating utensils.

## CAN OPENER

A hand-operated one.



## FIRST AID KIT

With items such as: gauze, bandages, scissors, tape, disinfectants, antiseptics, first aid manual and non-prescription medications.



## PRESCRIPTIONS

Medication for at least 7 days and a list of medications that you take, time of day you take them and name of pharmacy where you buy your prescriptions.



## EXTRA EYE GLASSES

In case one pair is broken.



## HEARING AIDS

Hearing aid and extra batteries.



## FIRE EXTINGUISHER

multipurpose, labeled A-B-C.

## SMOKE DETECTOR

Have a smoke detector and fire alarm system installed. If you have some difficulty hearing, install the system that has flashing strobe lights to get your attention. Check batteries. As of July 1, 2011, the Carbon Monoxide Poisoning Prevention Act requires all single-family homes with an attached garage or a fossil fuel source to install carbon monoxide alarms within the home by that date, July 1, 2011. Owners of multi-family



leased or rental dwellings, such as apartment buildings, have until January 1, 2013 to comply with the law.

### **BLANKETS or SLEEPING BAGS**

Have ready and available.



### **LIFE SUPPORT EQUIPMENT**

If your life-support equipment requires electricity, purchasing an emergency generator or alternative method is recommended.

### **PHONE NUMBERS**

Make a list of relatives or friends to call.

### **STURDY SHOES**

And a set of warm clothing.  
Store shoes at bedside.



### **PETS**

Store a two week supply of water, food and plastic disposal Bags. Replace food and water once a year.



### **TRASH BAGS**

Plastic bags and ties.

### **GAS TURN-OFF VALVE**

Locate and tape a wrench near valve.

### **WATER TURN-OFF VALVE**

Locate for future reference.



### **STORE SUPPLIES**

In sturdy container, under table, bed, or in a closet.

### **WHISTLE**

Available for calling for help.



### **CONTACT PERSON**

Choose an out-of-state friend or relative that separated family members can call after the emergency to report their whereabouts and condition.

### **SECURE WATER HEATER**

So that it will not rupture the utility line.

### **CASH**

Some cash or travelers checks to purchase emergency supplies until banks can reopen.

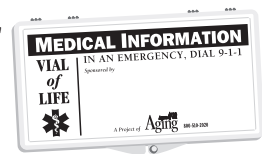


### **CAREGIVER**

If you have a personal care attendant, work with that person to decide how you will communicate with each other, such as by cell phone, if you are separated during an emergency.

### **MEDICARE & MEDICAL INSURANCE CARDS**

need to be available.  
Complete the Vial of Life.



### **SPECIAL NEEDS EQUIPMENT**

Information, such as style, serial number, operating information and instructions needs to be available.

### **DUST MASK**

To help filter contaminated air and plastic sheeting and duct tape.

### **IMPORTANT DOCUMENTS**

such as copies of insurance policies, identification and bank account records in a water proof, portable container. Consider renting a safe deposit box.

## **DURING AN EMERGENCY**

**I**f indoors, stay there. In an earthquake get under a desk, table or doorway or stand in a corner. Cover your head with your arms if you are not under a protective object.

If outdoors, get into an open area away from trees, buildings, walls, and power lines.

If driving, pull over to the side of the road and stop. Avoid overpasses and power lines.

Stay inside until shaking is over.

If in a crowded public place, do not rush for the doors. Move away from display shelves containing objects that could fall.

If in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.

## AFTER THE EMERGENCY

Check for injuries. Apply first aid. Do not move seriously injured individuals unless they are in immediate danger.



Do not use the telephone immediately unless there is a serious injury or fire.

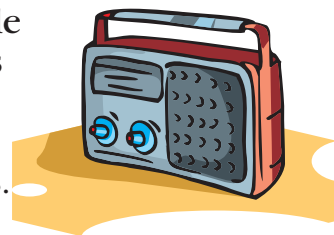
Hunt for hazards.

Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utility off at the source.

Check building for cracks and damage, including roof, chimneys, and foundation.

Check food and water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks, and canned vegetables.

Turn on your portable radio for instructions and news reports. Cooperate fully with public safety officials.



Various radio and some TV stations may broadcast information during an emergency; during disasters tune to a local radio station by scrolling through the AM and FM dials or local TV stations to find one that is broadcasting.

Do not use your vehicle when there is an emergency. Keep the streets clear for emergency vehicles.

Stay calm and lend a hand to others.

If you evacuate, post a message inside your home telling family members where you can be found.



## RESOURCES

### American Red Cross

225 Prado Road Suite A  
San Luis Obispo, CA 93401  
805-543-0696 x18  
[www.redcross.org](http://www.redcross.org)

### [www.redcross.org](http://www.redcross.org)

Section on Disaster Preparedness for Seniors by Seniors. Includes a website [www.prepare.org](http://www.prepare.org) and a 22-week supply purchase plan.

### County of San Luis Obispo Office of Emergency Services

1055 Monterey Street Room  
D430  
San Luis Obispo, CA 93408  
805-781-5011  
[www.slocounty.ca.gov](http://www.slocounty.ca.gov)

### Vial of Life

Be prepared for any health emergency with the free Vial of Life program, which provides first responders with needed information. Pick up a Vial of Life at your local senior center or at the Area Agency on Aging.

### [www.ready.gov](http://www.ready.gov)

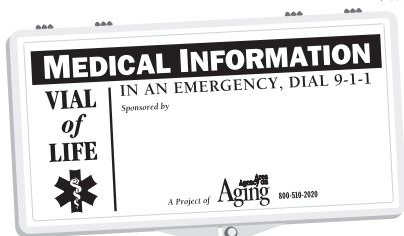
Website that provides information with specifics for older Americans to:

1. Get a kit
2. Make a plan
3. Be informed

### Area Agency on Aging

528 S. Broadway  
Santa Maria  
800-510-2020

[www.centralcoastseniors.org](http://www.centralcoastseniors.org)



Area Agency on Aging  
San Luis Obispo and Santa Barbara Counties