

Go-Bag

Go-Bags should include:

- Flashlight & extra batteries*
- At least one bottled water
- First aid kit*
- Emergency blanket*
- Change of clothes
- File of life
- Hygiene items (soap, toothbrush, comb, moist towelettes, tissue/toilet paper)*
- Old pair of glasses and/or hearing aid batteries if needed
- Copy of identification
- Separate list of important phone numbers
- Extra cash
- Paper/pencil
- Copies of important documents (insurance, etc.)
- 3 day supply of any prescription medications that are taken on a regular basis

Emergency Supply Kit

Emergency Supply Kit's should contain:

- 3 day supply of water
- 3 day supply of non-perishable food
- High energy foods such as granola bars, trail mix, peanut butter and, jelly and crackers.
- All-hazards weather radio & extra batteries
- Whistle (to signal for help)
- Dust mask

File of Life

A File of Life contains information regarding emergency contacts, primary care physician, medical conditions and medications, allergies and advanced directives.

- Obtain and fill out a File of Life form.
- Remember to update information every 6 months.

**Files of Life are available at:
The Aging & Disability Resource Center,
8600 Sheridan Road, Kenosha, WI**

Emergency Contacts

Out-of-State Contact

Name _____

City _____

Home phone _____

Cell phone _____

Work phone _____

Local Contact

Name _____

City _____

Home phone _____

Cell phone _____

Work phone _____



PEP

Personal
Emergency
Preparedness Campaign

For more information call or write:

PEP
In care of ADRC
8600 Sheridan Road
Kenosha, WI 53143
262-605-6646



Preparing for Emergencies

A CHECKLIST



Provided by:

PEP

Personal
Emergency
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Emergency Checklist

For millions of Americans with mobility difficulties, emergencies such as fires and floods present an additional challenges. Planning ahead will help protect you and your family when disaster strikes. This checklist will help you get started. Discuss these ideas with your family, friends, or a personal care attendant, and prepare an emergency plan. Post the plan where everyone will see it.

Ask questions

- Build a support network of friends, family and/or neighbors, etc. and ask them if you could rely on them in case of an emergency.
- If you currently have a caregiver through an agency, check to see if the agency has implemented special arrangements for emergencies. (E.g., providing services at an alternate location if an evacuation is ordered)
- Ask family members/friends to become familiar with your residence's evacuation plan. (E.g., if a person resides in a senior apartment complex or an assisted living community)



Create a Plan

- Determine what your plan of action would be for each type of emergency. For example, if there is a tornado warning, are you able to get to the basement? Plan an alternative shelter if this is not possible.
- Post emergency telephone numbers near telephones and teach your children how and when to call for help.
- Learn what to do in case of power outages and personal injuries. Know how to connect or start a back-up power supply for essential medical equipment.
- If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair-accessible.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.
- Arrange for a relative or neighbor to check on you in an emergency.
- Learn how to turn on the water, gas and electricity at main valves and switches.
- Plan and practice how to escape from your home in an emergency.
- If you live in an apartment ask the management to identify and mark accessible exits.
- Learn your communities evacuation routes.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster.
- Pick two meeting places:
 - 1) A place near your home in case of fire.
 - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Keep family records in watertight, fireproof container.

Escape Plan

In a fire or other emergency, you may need to evacuate on a moments notice. Develop an escape plan by drawing a floor plan of your residence. Indicate locations of doors, windows, stairways, large furniture and emergency supplies (fire extinguishers, first aid kits, etc.) Designate at least two escape routes from each room and mark a place outside of your home where everyone should meet. Practice emergency evacuation drills at least twice a year.

Evacuation

If you need to evacuate:

- Listen to a battery powered radio for the location of emergency shelters. Know in advance the location of wheelchair-accessible shelters.
- Wear appropriate clothing and sturdy shoes
- Take your Go-Bag
- Lock your house

If you have time:

- Turn off water, gas and electricity if instructed to do so.
- Notify your emergency contact(s) when you left and where you are going.
- Make arrangements for pets. Animals other than service animals may not be allowed in public shelters.

Prepare a Car Kit

- Battery-powered radio, flashlight, extra batteries and maps.
- Blanket and first aid kit
- Shovel
- Tire repair kit, booster cables, pump and flares.
- Fire extinguisher (5lb., ABC type).
- Bottled water and non-perishable foods such as granola bars, raisins and crackers.