

# Emergency Preparedness



for Seniors and People  
with Disabilities  
Living with Vision  
and Hearing Loss



## Be prepared for power outages, earthquakes and fire

**Plan Ahead Starting** with small steps makes your emergency preparations easier! Learn how to stay safe and find help.

Include supplies listed here plus your contact information, prescription medications, and medical and emergency contacts. For more tips on what to include, visit [www.redcross.org/prepare/disaster](http://www.redcross.org/prepare/disaster)

**Prepare a Go Bag in a backpack, rolling duffel or other easy to grab-and-go container.**



## Plan for 72 hours

Plan ahead for your own security and safety with supplies to last at least 3 days.

Include in your customized Emergency Preparedness **Go Bag**:

- ✓ **Three days** worth of supplies, water, and nonperishable food.
- ✓ **Daily essentials** such as an extra cane, sunglasses, keys, phone charger, batteries for devices, health care card, medications, and cash.
- ✓ **An extra pair** of prescription or reading glasses.
- ✓ **A Vial of Life Form.** See page 2 for details.



**Hearing impaired?** Include replacement hearing aid batteries and a pencil and paper for communicating in an emergency.

**Vision impaired?** Label your supplies in a way that works for you. Keep your cane by your bed.

### Use a wheelchair?

Include a patch kit for tires. Keep a non-powered chair as back-up.



**Create a Go Pack for your service animal** with sufficient food and water.





## Make a Disaster Evacuation Plan!

**In a wheelchair ? Not able to see?** Plan an escape route to get down stairs or ramps. Know the location of emergency exits before there's an emergency.

**Build a reliable buddy system** to help you in an evacuation and to communicate your location after evacuating to a safe location. Consider a practice drill with your friends and neighbors. Plan who you will contact if you need assistance getting out.



**Keep a whistle** on a key chain or in your "Go Bag" to help people find you if you're unable to speak or trapped and unable to move.

## Be Safe in a Quake!

- ✓ Move away from windows.
- ✓ Protect your head and neck. If you can, drop to the ground, take cover under a sturdy table, and hold on.

### If It's Difficult to Drop, Cover and Hold On...

**Stay put.** Do not try to transfer to or from a wheelchair, recliner, or bed until the shaking stops. Wheelchair users: lock your wheels.

### Protect your head and neck with your arms or a pillow until the shaking stops.

Trying to move during shaking puts you at risk, especially if you have mobility or balance issues.

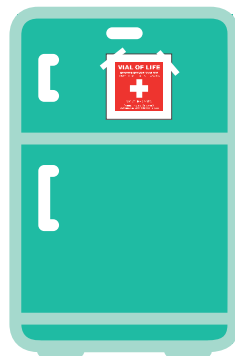
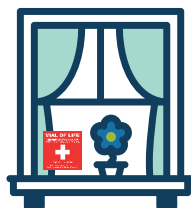
Consider other ways to protect yourself. Be sure you have a buddy or neighbor to check on you in case you need assistance.



**Prepare a Vial of Life Form** The Vial of Life is a simple form that keeps important contact and medical information in a place where emergency personnel can find it.

VIALofLIFE-CA.ORG Date Completed: _____									
FIRST NAME		INITIAL		LAST NAME		TELEPHONE			
STREET		CITY		STATE		EMAIL ADDRESS			
DATE OF BIRTH	MALE/FEMALE	HEIGHT	WEIGHT	HAIR COLOR	EYE COLOR	BLOOD TYPE		RELIGION	
List hearing difficulties					DEAFNESS		UPPER		LOWER
List vision difficulties					SPEAK LANGUAGE IF NOT ENGLISH				
Identifying Marks									
Current Medical Conditions									
Past Medical Conditions									
Current Medications									
Allergies to									
Doctor's Name									
Last Hospital									
Specialty									
Health Insurance									
PL									
VIALofLIFE-CA.ORG									
Community Living Campaign & California Alliance for Retired Americans									

- 1** Download and print the Vial of Life form and signs from [www.VialofLife-ca.org](http://www.VialofLife-ca.org)
- 2** Fill out the Vial of Life form and place it in a plastic zip lock bag. *Tip: keep a copy of the form in your Go Bag or wallet too.*



- 3** Cut out the Vial of Life signs. Place one inside the plastic bag. Affix the bag to your **refrigerator**. Tape the second sign to your **front door or front window** where emergency personnel can see it.

## Power Outage Plan

California energy companies anticipate planned and unplanned power outages due to extreme weather conditions and wildfire season. Prepare early and watch for early warning notifications.

### Before the outage:

- ✓ Stock up on bottled water and non-perishable food. Include pet's needs.
- ✓ Fill gas tanks
- ✓ Keep cell phones and backup batteries fully charged.
- ✓ Have cash at hand.
- ✓ Keep a safe, portable generator on hand if you use electricity and battery-dependent medical or life-support devices. Also keep a charged extra battery.
- ✓ Inform your energy company of your need for life-support devices.

### During the outage:

- ✓ Keep refrigerator door closed to keep food and medications cold
- ✓ Unplug or turn off appliances.

## Fire Safety Plan



If a home fire occurs

**GET OUT  
STAY OUT  
CALL 911**

or call your local emergency phone number.

### Plan a safe evacuation.

Practice the plan with all household members twice a year.



**Install smoke alarms** on every level of your home, inside bedrooms and outside sleeping areas.

- ✓ Test alarms every month
- ✓ Replace the batteries at least once a year.

**For installation of free smoke alarms** or to check your existing smoke alarm, contact your local Red Cross-Sound the Alarm program @ [www.redcross.org](http://www.redcross.org).

## Preparedness Resources

These statewide organizations provide important information and resources.

### American Red Cross

[www.redcross.org/prepare/disaster/power-outage](http://www.redcross.org/prepare/disaster/power-outage)

*Disaster victim services. Life-saving tips for disaster preparedness, fire safety and power-dependent equipment.*

### Governor's Office of Emergency Services (Cal OES)

[www.caloes.ca.gov/Cal-OES-Divisions/Warning-Center](http://www.caloes.ca.gov/Cal-OES-Divisions/Warning-Center)  
916.845.8911

*Statewide emergency communication and notifications 24 hours/7days per week.*

### Pacific ADA Center

[www.adapacific.org](http://www.adapacific.org)  
800-949-4732 (Voice/TTY)

*Provides an emergency planning checklist for people using electricity and battery dependent assistive and medical devices.*



## Be Ready and Act with MyShake™

California now has an early warning system app! Download My Shake™ to your mobile phone/tablet through iTunes for iPhones or Google Play for Android phones.

Go to <https://earthquake.ca.gov/mobile-application/> for more information.

# Be Ready to Act\*

**My local alert system for emergency alert is:** \_\_\_\_\_

**My emergency contacts are:**

Family (phone/address):

\_\_\_\_\_

Neighbor/Friend (phone/address):

\_\_\_\_\_

\_\_\_\_\_

Out of Area Contact (phone/address):

\_\_\_\_\_

\_\_\_\_\_

Local Gas & Electric Company (phone):

\_\_\_\_\_

Evacuation Meeting Spot Location:

\_\_\_\_\_

Primary Doctor:

\_\_\_\_\_

Pharmacist:

\_\_\_\_\_

Veterinarian:

\_\_\_\_\_

\* Be sure to complete the Vial of Life form. Place on your refrigerator. Keep a copy in your wallet.



[www.californiaalliance.org](http://www.californiaalliance.org)  
Toll-free 1-877-223-6107



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This flyer is provided by the **California Alliance for Retired Americans, San Francisco Community Living Campaign**, and the **Francis Goldsmith Vision and Hearing Initiative**. The **Francis Goldsmith Vision and Hearing Initiative** is supported by a generous grant from the United Way of the Bay Area. For more information contact: Sherri H. Sawyer, Vision & Hearing Manager, [sherri@sfcommunityliving.org](mailto:sherri@sfcommunityliving.org), 415-821-1003, x111.