



**SENIOR SERVICES**  
Helping Our Elderly Live With Dignity

ELIZABETH AND TAB  
WILLIAMS ADULT  
DAY CENTER

MEALS-ON-WHEELS

**HELP LINE**

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

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## EMERGENCY PREPAREDNESS

Emergencies can result from severe weather or they can be the result of a man-made disaster. These situations always occur when least expected. Preparing ahead of time for the unexpected can limit the amount of stress a person experiences when dealing with a disastrous situation. Here are some tips to help you be prepared.

### Supplies To Keep Together In A Central Location For Easy Access:

- A battery-powered radio with extra batteries
- Cellular phones that have been charged and a second battery to use as a backup
- Flashlights and/or a camping lantern with extra batteries and candles
- Scissors, a pocketknife or a Swiss Army knife
- A portable stove or propane grill for cooking and ample supply of fuel
- A Supply of matches kept in a waterproof container or butane lighter(s)
- A two-week supply of water, canned food, personal hygiene items, paper products and other non-perishable food items for each person (don't forget to include a *manual* can/bottle opener, and eating/cooking utensils)
- A two-week supply of pet food and other necessary items for your pet(s)
- Baby items and toys, books, and games for young children
- Blankets, pillows, sleeping bags
- A change of clothing per person - seasonal clothing, rain gear, warm clothing
- At three-week supply of any medication and contact lens supplies
- A first-aid kit containing anti-bacterial hand cleaner or hand wipes, Band-Aids, gauze, tape, anti-bacterial wound ointment, pain/fever medication, hydrogen peroxide, a thermometer, nail clippers, tweezers, cold/allergy medicine, face masks, vinyl gloves, cold packs, and any other first aid items
- A full tank of gasoline in all vehicles and a gas can with gasoline for emergency fuel

### Safety Advice During A Hurricane, Tornado Or Severe Storm:

- Stay tuned to local TV or radio stations for updates on the situation
- The best place for safety is in a basement or a designated shelter - stay away from windows or glass doors during the storm
- Store outside items such as flowerpots, lawn furniture, flags, yard decorations, etc. in the garage or inside the home
- Tape your windows by placing a large X across them with duct tape
- Fill up your bathtub and washing machine with water (for a supply of clean water for washing)
- Do not stay in low-lying areas - move to high ground or to a designated shelter

This information is provided to the consumer by Senior Services' Help Line (724-2040), a hub of the Forsyth County Community Resource Connection. 3/2010