

Emergency Tips for Older Adults

- 1. Get to know your neighbors!** Introduce yourself to at least one person/family whom you could call if you need help in the event of a power outage, a need to shelter in place, or a warning to potentially evacuate. Give them your contact information and your emergency contact's information, and get their phone number(s). If you know them well, give them a key to your home or let them know where you hide one. If you have a block captain, be sure your information is up to date and meet with them at least once/year.
- 2. Stay informed as to the weather and the news**—are there nearby fires, is a storm or heat wave coming, is PG&E talking about a blackout or a Public Safety Power Shutdown? Sign up for AlertMarin at AlertMarin.org, Nixle (text zip code to 888777 or www.nixle.com) and PG&E notifications and emergency alerts.
- 3. Create your Emergency Plan.** How will you protect yourself during an actual event? Who are your local and long distance contacts? Choose a local “reunion location,” a place you and family or friends will gather if you get separated in an emergency. Post information on your refrigerator about any medical conditions and/or medications, your physician and insurance, and your health care agent.
- 4. Be ready to shelter in place.** Always have a flashlight and fresh batteries handy. Have 5-7 days of food and water on hand at all times (for you and your pets), along with a week's worth of any necessary medications/drugs (including hearing aid batteries), first aid supplies and a small amount of cash. Have a back-up charging method for your phone and/or computer such as a small portable solar panel or battery pack.
- 5. Evacuate early.** If you receive an evacuation warning, consider leaving soon thereafter rather than waiting for a mandatory evacuation. If you choose or need to evacuate for a few days or more, with whom could you stay in Marin, in the Bay Area, and outside the Bay Area? Prepare your Grab & Go Bag well before you need to leave and have a second bag ready in your car if appropriate. If you are no longer driving, identify a way to leave the area—ask a neighbor, family member or caregiver to drive you.
- 6. Take a class on disaster preparedness** such as Get Ready Marin, or at least go to websites or get brochures and educate yourself on being prepared. Think through the natural threats that you and your home are most vulnerable to and how you would address potential outcomes. Be sure you have enough homeowner's or renter's insurance. With your neighbors or on your own, do a practice drill for an earthquake and an evacuation drill at least once a year.

Preparedness Resources:

www.readymarin.org; www.firesafemarin.org;
www.redcross.org/prepare/disaster-safety-library