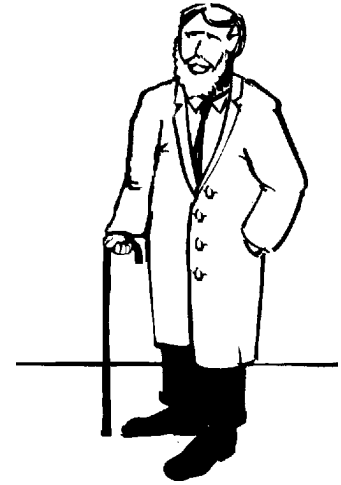


## *Tips to Help Seniors Cope With Disasters*

If you are a senior, or have a senior in your family, here are some additional things to think about when creating your disaster plan:



### *Before the Disaster*

- **Include Special Items in Your Disaster Kit:** If canes or walkers are in use, try to have spares available in your disaster supply kit. Eyeglasses, hearing aid batteries and prescription medications or devices should also be included. Write down the names of your doctor(s) and other health care providers you may need. Include addresses and phone numbers.
- **Secure Oxygen Bottles:** Make sure that if you use oxygen, the tank is secured so that it won't fall over in a disaster. This goes for heavy life support equipment as well.
- **Life Support Equipment Power:** If you have life support equipment which needs electricity, consider purchasing a portable generator.
- **Ask Your Neighbors to Look In On You:** Arrange for a friend, relative, or neighbor to look in on you after a disaster.
- **Identify Safe Places:** Identify safe places in each room. These should be areas free from objects which might fall on you.
- **Keep a Whistle Handy:** Keep a whistle handy for use in signaling someone if you can't get out of the building.

### *When the Disaster Strikes*

- **Go to Your Nearest Safe Place:** If you cannot make it to your safe place, stay where you are and protect yourself as best you can.
- **Make Contact with Friends:** As soon as possible after the disaster, resume your normal social activities.