



Ready® PA

www.readypa.org

**PREPARING MAKES
SENSE FOR OLDER
PENNSYLVANIANS.
GET READY NOW.**

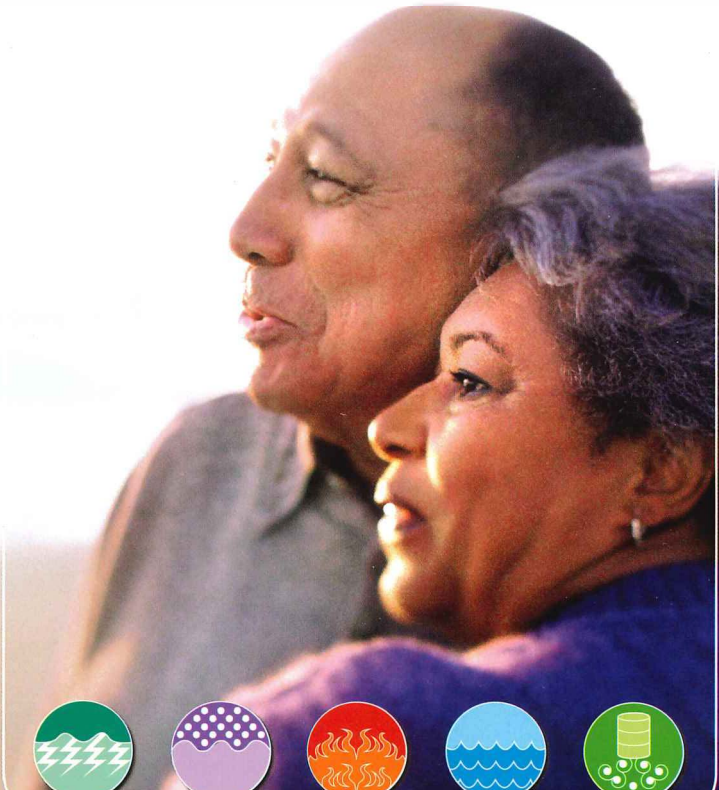


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pennsylvania



The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This guide outlines easy measures older Pennsylvanians can take to start preparing for emergencies before they happen.

Get ready now.



RECOMMENDED SUPPLIES TO INCLUDE IN A BASIC KIT:

- **Water** – one gallon per person per day for at least three days, for drinking and sanitation
- **Food** – at least a three-day supply of non-perishable food
- **Cash** – ATMs won't work without electricity
- **Additional supply of prescription medication and dosage information**
- **Battery-powered radio and extra batteries**
- **Flashlight and extra batteries** for power outages
- **First aid kit** in case of injury
- **Whistle** to signal for help
- **Filter mask** or cotton T-shirt to help filter the air
- **Moist towelettes** for sanitation
- **Wrench or pliers** to turn off utilities
- **Manual can opener** for food
- **Plastic sheeting and duct tape** to shelter-in-place
- **Garbage bags and plastic ties** for personal sanitation
- **Unique family needs**, such as copies of medical insurance information, important family documents and pet supplies

1. BE INFORMED

Pennsylvania is prone to a wide variety of disasters and emergencies, including floods, fires, winter storms, hazardous material incidents, tornadoes and windstorms. You can learn about these threats and how to prepare for them by visiting www.readypa.org, and downloading a copy of the Pennsylvania Emergency Preparedness Guide.

2. BE PREPARED

Once you are aware of the different disasters that can affect you, it's time to take the next step by making a plan and a kit with emergency supplies so you and your family are prepared.

Make a Plan. Your family may not be together when disaster strikes, so plan how you will contact one another, and review what you will do in different situations. Consider a plan where each family member calls or e-mails the same friend or relative in another town in the event of



an emergency. Assign a designated meeting place so members of your family will know where to meet each other. By creating this plan together, all members of your family will know how to react in the event of an emergency, how to get in touch with one another

and where to meet. If you undergo medical treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service providers about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

ReadyPA has created a Family Emergency Plan template that is available for download at www.readypa.org.

Get a Kit. In the event of an emergency, you should be prepared to make it on your own for at least three days. Although there are many things that might make you more comfortable, think about the essential things first, including food and water. You'll need a gallon of water per person per day for drinking and sanitation. Include a three-day supply of non-perishable foods that are easy to store and prepare, such as protein bars, dried fruit and canned foods. If you take medicine or use a medical treatment on a daily basis, be sure



you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available.



3. BE INVOLVED

After preparing yourself and your family for possible disasters, take the next step and get involved in preparing your community Join Citizen Corps, which actively involves citizens in making our communities and our state safer, stronger and better prepared. You can receive training in first aid and emergency skills and volunteer training that will provide you with the necessary skills to

support local emergency responders or help with disaster relief and community safety. We all have a role to play in keeping our hometowns prepared in the event of a disaster.

For more information on Citizen Corps in Pennsylvania, the State Emergency Registry of Volunteers in PA (SERVPA) and other ways you can help prepare your community and get involved, go to www.readypa.org.

Make sure your family has a plan in case of an emergency. Keep a copy of this important contact **information** in your emergency supply kit or another safe place where you can **easily** access it in the event of a disaster.

Out-of-Town Contact

Name: _____

Telephone #: _____

Email: _____

Neighborhood Meeting Place

Evacuation Location: _____

Telephone #: _____

Other Important Information

Doctor(s)

Name: _____

Telephone #: _____

Pharmacy

Name: _____

Telephone #: _____

Medical Insurance

Name: _____

Telephone #: _____

Policy #: _____

Homeowners/Rental Insurance

Name: _____

Telephone #: _____

Policy #: _____

Veterinarian

Name: _____

Telephone #: _____