

# PREPAREDNESS STARTS WITH YOU

**A Guide for Older Adults & Carers  
on Disaster Preparedness**

[www.readymarin.org](http://www.readymarin.org)



OFFICE OF  
**EMERGENCY  
MANAGEMENT**



**READY  
marin**

# Ready Seniors

As seniors, we should all take steps to be prepared for disasters, and what we all need to do is based on our individual health and abilities. This booklet is designed to help get you started. If you have any questions about disaster preparedness, please call of the Office of Emergency Management at (415) 473-6584.

It is important to sign up for AlertMarin as well as keep a NOAA Weather Radio tuned to your local emergency station and follow all warnings.

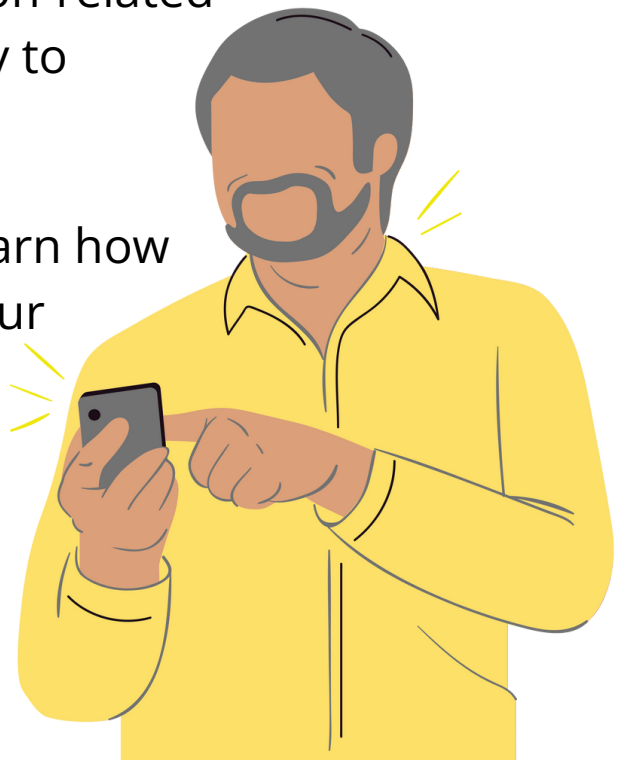
If you or someone in your household has a disability, the Marin Center for Independent Living has a dedicated program to ensure the readiness and safety of older adults and people with disabilities in the event of emergencies. Visit [MarinCIL.org](http://MarinCIL.org) for more information or call 415-459-6245 ext 12.



## Prepare and share

Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them:

- ➔ Make sure someone trusted has an extra key to your home, knows where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- ➔ If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- ➔ If you have a communication-related disability, note the best way to communicate with you.
- ➔ If you have a cell phone, learn how to text and practice with your team.
- ➔ Make a plan for your pets too! Make sure your neighbors care for them in case you are not home.



# Caregivers

If you have a caregiver, they should know what to do in an emergency. Make sure to share your plan with them and they complete the Caregiver Emergency Planning Checklist.

## What to add to your Go Bag

In addition to the basic supply list, consider the following:

- ➔ Fill out the Make A Plan form, which includes contact and medical information, and share it with your team. Add a copy to your Go Bag
- ➔ Chargers and backup batteries for medical devices
- ➔ If you take medication or use medical supplies on daily basis, have enough on hand for at least a week
- ➔ Include a full list of your medications and dosage requirements on the Make A Plan form
- ➔ Add a whistle to signal for help



# MAKE A PLAN

Once you have completed this list, make copies to share with those close to you.

## Our meeting spot: Where will we meet in an emergency?

Location <b>in</b> your neighborhood:
Location <b>outside</b> your neighborhood
Alternate Location <b>outside</b> our neighborhood:

## Out of area contact: Who will you check in with outside the area?

Share this information with your people so can you all communicate to one central person.

Name:	
Location:	Phone:

## Identify a group of friends and family with whom you'll coordinate.

List people who will check in with you before, during and after an emergency to ensure you are safe.

Name:	Phone:
Name:	Phone:
Name:	Phone:
Name:	Phone:
Name:	Phone:

Prepare and share. We're in it together.

[www.ReadyMarin.org](http://www.ReadyMarin.org)



## Important medical contacts

Having important medical contacts for household members and pets is critical in case you need to leave your home after a disaster.

Doctor:	Phone:
Doctor:	Phone:
Pharmacy:	Phone:
Insurance Provider:	Phone:
Group Number:	ID Number:
Caregiver:	Phone:
Pet Emergency:	Phone:
Pet Name / Breed / Medical issues:	

## Your medical information

Include critical medical information, medical equipment, and allergies. Attach a current list of your prescriptions and dosages.

If you need special transport in an emergency, please contact Marin Center for Independent Living at (415) 459-6245 today.

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Prepare and share. We're in it together.

[www.ReadyMarin.org](http://www.ReadyMarin.org)

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# Caregiver Emergency Planning Checklist



Please review this checklist with all family caregivers.

- My phone number is registered with [www.AlertMarin.org](http://www.AlertMarin.org) (both my home and work address) so i can receive notifications and instructions during an emergency
- I know what to do during an earthquake (drop, cover, hold on)
- If the electricity turns off, I know where to find a working flashlight and first aid kit in the house
- I know where a fire extinguisher is and how to use it
- I know where the Poison Control phone number (1-800-222-1222) is posted and/or it is programmed in my cell phone
- I know how to evacuate the house with the people I care for, and pets, and have practiced with them
- I know where to bring the people I care for once we have evacuated
- I know where our pre-packed Go Bag is and to take it with us if we evacuate
- I have a **Last Minute List** of items to add to the **Go Bag** if time allows, and I know where to find them
- I know where to find and open our **Stay Box** if we are told to stay in the house
- I know to call or text my employer to let them know where we are during an emergency
- If I cannot reach my employer, I know the phone number of the family emergency contact and will call or text them
- I know how and when to turn off the house utilities if needed (gas, electricity and water)
- I know to go to [Emergency.MarinCounty.org](http://Emergency.MarinCounty.org) for all updated information during an emergency.

# Lista de control para la planificación de emergencias del cuidador



Revise esta lista de control con todos los cuidadores de la familia.

- Mi número de teléfono está registrado en [www.AlertMarin.org](http://www.AlertMarin.org) (tanto el de casa como el del trabajo) para poder recibir notificaciones e instrucciones en caso de emergencia.
- Sé qué hacer durante un terremoto (agacharme, cubrirme, agarrarme).
- Si se corta la electricidad, sé dónde encontrar una linterna que funcione y el botiquín de primeros auxilios en la casa.
- Sé dónde hay un extinguidor de incendios y cómo usarlo.
- Sé dónde está escrito el número de teléfono del Centro de Atención para Intoxicaciones (Poison Control)(1-800-222-1222) o está programado en mi teléfono celular.
- Sé cómo evacuar la casa con las personas que cuido y las mascotas, y lo he practicado con ellos.
- Sé dónde llevar a las personas que cuido una vez evacuados.
- Sé dónde está nuestro bolso de evacuación previamente armado y sé que debo llevarlo conmigo al evacuar.
- Tengo una **lista de último minuto** de artículos para agregar al **bolso de evacuación** si hay tiempo y sé dónde encontrarlos.
- Sé dónde encontrar y abrir nuestra **caja para quedarse** si recibimos la indicación de refugiarnos en casa.
- Sé llamar o mandar un mensaje de texto a mi jefe para avisarle dónde estamos en una emergencia.
- Si no puedo comunicarme con mi jefe, sé el número de teléfono del contacto de emergencia de la familia y lo llamaré o mandaré un mensaje.
- Sé cómo y cuándo cortar los servicios de la casa si es necesario (gas, electricidad y agua).
- Sé que debo ir a [www.Emergency.MarinCounty.org](http://www.Emergency.MarinCounty.org) para obtener información actualizada durante una emergencia.