

Storm Preparation Tips for Seniors

Make a PLAN ahead of the storm season

Shelter in place

If you decide to shelter in place during a storm (not recommended for severe storms) assure that you are prepared with the following items:

- A suitcase already packed with personal belongings and clothing
- 2-week supply of medications
- Back up battery/ power packs for cell phones/computers
- Batteries and flashlights
- Bottled Water for several days
- Dry / prepared food for several days
 - If your power is out, you may need to rely on canned items, stews, fruit, etc.
 - Dry foods – crackers, snacks, nuts, etc.
- List of emergency numbers at hand
 - MD
 - Local Hospitals
 - Insurance company
 - Also list policy numbers

Shelter with a friend

If you live alone, shelter with a family member or neighbor-being alone is less than optimal at this time.

- GAS – full tank in the car and full propane tank if you have a gas grill for cooking (do not store extra gas inside and do not use a gas or charcoal grill indoors).
- CASH
 - Also good to have some cash on hand - often times in major storms, power outages mean cash only for supplies.
- Map out where you will go if you need to evacuate.
- Always TRY to evacuate or relocate early in the storm process – waiting too long will burden you with long traffic lines to get to your destination.
- Local Shelters
 - These should be noted on your local county/community emergency websites.



- Hotels
 - Look for a HOTEL that is inland and out of the path of the storm. Driving an extra distance, if possible, can get you out of harm's way.
- Friends/Family
 - Connect with friends or family that are inland and out of the storm's path.
 - Make sure you have all the supplies you need, prepared ahead, and ready to load in the car to take with you.
- Stay in good communication with family and friends.
 - Let them know where you are going, and when you expect to arrive.

THESE ARE JUST A FEW TIPS

Please click on these links below for additional information:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf

<https://aging.com/disaster-preparedness-for-seniors/>



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