

# BE PREPARED

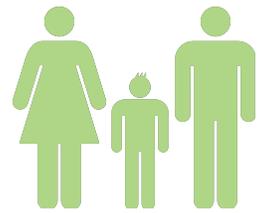
## Make sure elderly family members are ready for when disaster strikes

### Prepare Before to be Safe After

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.

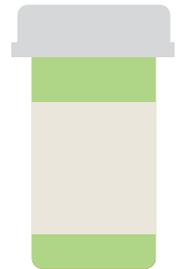
### What You Can Do

- Create a **network** of neighbors, relatives, friends and co-workers to aid you in an emergency.
- Make arrangements for any **assistance you may need to get to a shelter**.
- If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week.
- Have a plan on how you will **contact family during a disaster** or if you have to evacuate.



### Make a Kit Made for YOU

- In your emergency kit, keep written copies of your:
  - Medicare and medical insurance cards
  - prescriptions & over-the-counter medications
  - orders for medical equipment & treatment (including dosage)
  - allergy information
  - medical providers' information
- Seniors should keep **specialized items** ready, including:
  - hearing aids
  - extra wheelchair batteries
  - oxygen tanks
  - catheters
  - medication
  - food for service animals
  - and any other items you might need



### Share Your Info

- Discuss your needs and make sure everyone knows how to operate necessary medical equipment.
- Keep a list of the type and model numbers of the medical devices you require.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.
- **Dial 2-1-1 to register for evacuation assistance before disaster strikes** and remember to renew your registration every year.\*



*\*During disaster events, 2-1-1 is activated by local and state emergency management officials to disseminate official information about shelter availability, evacuation routes, road closures, and other important information about the situation. Specialists have access to language interpreters in more than 150 languages.*

For more information on how you can prepare, or help others prepare for severe weather, visit:

[www.hcphtx.org](http://www.hcphtx.org)  
[www.readyharris.org](http://www.readyharris.org) and  
[www.ready.gov](http://www.ready.gov)