

# DISASTER PREPAREDNESS BOOKLETS AND BAGS

Emergencies and disasters can strike quickly and without warning and can force community members to evacuate their neighborhoods or be confined to their homes. What would you do if your basic services—water, gas, electricity or communications—were cut off?

In an effort to help seniors learn how to protect themselves and cope with disaster, Triad groups have provided emergency preparedness booklets and grab-and-go survival bags. Even if seniors have physical limitations, they can still protect and prepare themselves. Local officials and relief workers may not be able to reach everyone right away. Seniors can deal with disasters better by preparing in advance and by working with those in their support network: family, neighbors and friends as a team.

The booklets are town specific, and are a guide to being more prepared. They have included information such as:

- ✓ Important phone numbers
- ✓ What to do before, during, and after a fire
- ✓ How seniors may be notified of a possible emergency
- ✓ How to prepare to go to a shelter or shelter in place
- ✓ List of emergency shelters
- ✓ Suggested contents of grab-and-go survival bags



Grab-and-go bags have been distributed to home-bound seniors and have contained items such as files of life, glow sticks, pens, pads, key chains, flashlights, pill cases, hand sanitizer, bottles of water, non-skid socks, toothbrush/toothpaste, "Send Help" signs, other toiletries, emergency preparedness information sheets, and a list of suggested items for seniors to add to the bags themselves. All these items have been donated to Triad groups from local businesses. Triad groups have handed out bags at seniors centers, and delivered bags through meals on wheels to homebound seniors.