



PREPARE NOW



Older adults and people with special needs are most vulnerable when disasters strike.

The Aging & Disability Resource Center of Eau Claire County is participating in a PREPARE NOW awareness campaign to help people prepare for emergencies BEFORE they happen.

PREPARE NOW gives information on how to:

- * Build a disaster kit
- * Communicate with loved ones
- * Shelter in place
- * Evacuate when necessary

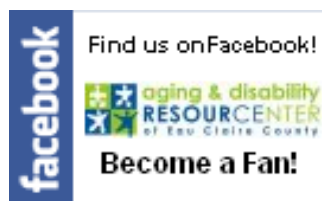
**Aging & Disability Resource Center
of Eau Claire County**

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72 Hour Disaster Supply Kit

Food and Nutrition	Personal Comfort
<ul style="list-style-type: none"> o Water- 1 gallon per person for at least 3 days o Food- 3 day supply of canned and non-perishable foods o Aluminum foil o Paper cups, plates, towels, utensils o Manual can opener 	<ul style="list-style-type: none"> o Blankets o Sleeping bag o Warm clothes o Sturdy shoes
Emergency Equipment	Other Necessities
<ul style="list-style-type: none"> o Flashlight o Battery operated radio/television o NOAA Weather Radio with tone alert o Extra batteries o Whistle to signal for help 	<ul style="list-style-type: none"> o Plastic bags o Waterproof matches o Knife o Trash bags o Local maps o Duct tape
Personal Supplies	Extras
<ul style="list-style-type: none"> o Toothbrush and paste o Soap o Hand sanitizer o Toilet paper o Baby wipes o Personal hygiene supplies 	<ul style="list-style-type: none"> o Extra set of keys, house and car o Cash, credit cards o Playing cards, books, puzzles o Pet food and supplies

FIRST AID KIT!



Store all supplies in an easy to carry and identify container such as a back pack with an ID tag.

**Important Information to Keep in Your
Disaster Supplies Kit**

Name: _____ Phone: _____

Address: _____ Date of Birth: _____

Contact Information

Local Contact:

Name: _____ Phone: _____

Primary Contact:

Name: _____ Phone: _____

Medical Information

Doctor: _____ Phone: _____

Pharmacist: _____ Phone: _____

Current Medications:

Allergies:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Medical Equipment/Special Needs/
Additional Information:

Insurance Information

Agent Name: _____ Phone: _____

Health Insurance Policy

Carrier: _____ Number: _____

Medicare Card Number: _____

Other Information

Name: _____ Phone: _____

SHELTER IN PLACE

STAY inside.

TURN ON the RADIO/TELEVISION for information. Listen until you are told all is safe, or you should evacuate.

FOLLOW INSTRUCTIONS GIVEN BY AUTHORITIES. You may be asked to close windows and fireplace dampers, and to turn off fans, as well as heating and air-conditioning.

TELL your family, neighbors, friends, or caregiver where you are.

IN CASE OF TORNADO, go to the basement or an interior room with the fewest windows and doors. Protect yourself from flying debris. Avoid all windows.

IN CASE OF FIRE, leave the building right away; if you cannot leave wet some large towels and jam them in the crack under the door. Stay as low as possible.

EVACUATION PLAN

In an emergency, **TURN ON THE RADIO/TELEVISION** for information about what to do.

BEFORE an emergency happens:

Talk to family members, neighbors, friends, and care providers about:

WHAT you would do in the event of an evacuation,

WHERE you will go, and

HOW you will get in contact with each other.

Don't forget to **MAKE** arrangements for your pets as well.

Consider your **TRANSPORTATION**

Will you be able to drive? Will you need someone to pick you up?

Who? At what meeting place?

If that person is unable to reach you, who will provide a back-up ride?

How will that person be contacted?

If you must have assistance for special assistance who will you call?

WEAR appropriate clothing and sturdy shoes. **LOCK YOUR HOME.**

IF YOU HAVE ENOUGH TIME:

Shut off water, gas, and electricity if instructed to do so and only if you know how.

Leave a note to tell others when you left and where you are going.

Take your “Disaster Supplies Kit”