

Western Connecticut
Area Agency on Aging



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Weather Alerts

PREPARATION FOR SENIORS & YOUNGER PERSONS WITH DISABILITIES



2018

Seniors



Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning today will help you prepare for any emergency situation. Preparing makes sense. Get ready now.

You Need Now:

- **Emergency Supply Kit**
 - **Sand for Winter**
 - **Boots**
- **Non-Perishable Food & Bottled Water**
- **Telephone Number & Location of Emergency Shelter**



Important Considerations



- Consider how a disaster might affect your individual needs.
- Plan to make it on your own, at least for a period of time. It's possible that you will not have access to a medical facility or even a drug-store.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- Get an [emergency supply kit](#). (see next page)
- If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.
- Call your town hall to locate your local shelter.
- Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.
- **When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air, warmth and prescription drugs** or any other medications
- If you receive meals on wheels, notify the Meals on Wheels office if you will be gone for more than one day.









Recommended Items to Include in a Basic Emergency Supply Kit:

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant.
- Wrench or pliers to turn off utilities
- Manual can opener for food (if kit contains canned food)
- Store *at least* a three day supply of non-perishable food such as canned fruits and vegetables, peanut butter, crackers etc.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- One gallon of water per person per day, for drinking and sanitation.

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- Store water tightly in clean plastic containers such as soft drink bottles.
 - Keep *at least* a three day supply of water per person.
 - In an emergency, you can use bleach to treat water by using 16 drops of regular household liquid bleach per gallon of water.
Do not use scented, color safe or bleaches with added cleaners.



Additional Items to Consider Adding to an Emergency Supply Kit:



- Glasses and a plastic magnifier (in case glasses break)
 - Photo ID
 - Fire Extinguisher
 - Matches in a waterproof container
 - Feminine supplies and personal hygiene items
 - Paper cups, paper plates and plastic utensils, paper towels
 - Pet food and extra water for your pet
 - Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
 - Cash or traveler's checks, credit cards and change
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- Sleeping bag or warm blanket for each person. Consider additional bedding because we live in a cold weather climate.
 - Paper and pencil
 - Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing because we live in a cold weather climate.

Maintaining Your Disaster Supplies Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
 - Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
 - Throw out any canned goods that become swollen, dented, or corroded.
 - Use foods before they go bad, and replace them with fresh supplies.
 - Place new items at the back of the storage area and older ones in the front.
 - Change stored food and water supplies every six months. Be sure to write the date you store them on all containers.
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- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

Create a Support Network



- If you anticipate needing assistance during a disaster, talk to family, friends and others who will be part of your personal support network.
- Write down and share each aspect of your emergency plan with everyone in your support network.
- Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.
- Teach those who will help you how to use any lifesaving equipment, administer medicine in case of an emergency.
- Practice your plan with those who have agreed to be part of your network.

Additional Supplies and Documents: Medications and Medical Supplies



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- 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, maybe longer.
 - Make a list of prescription medicines including dosage, treatment and allergy information.
 - Talk to your pharmacist or doctor about what else you need to prepare.
 - If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back up service providers and incorporate them into your personal support network.
 - Consider other personal needs such as eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen.

Emergency Documents

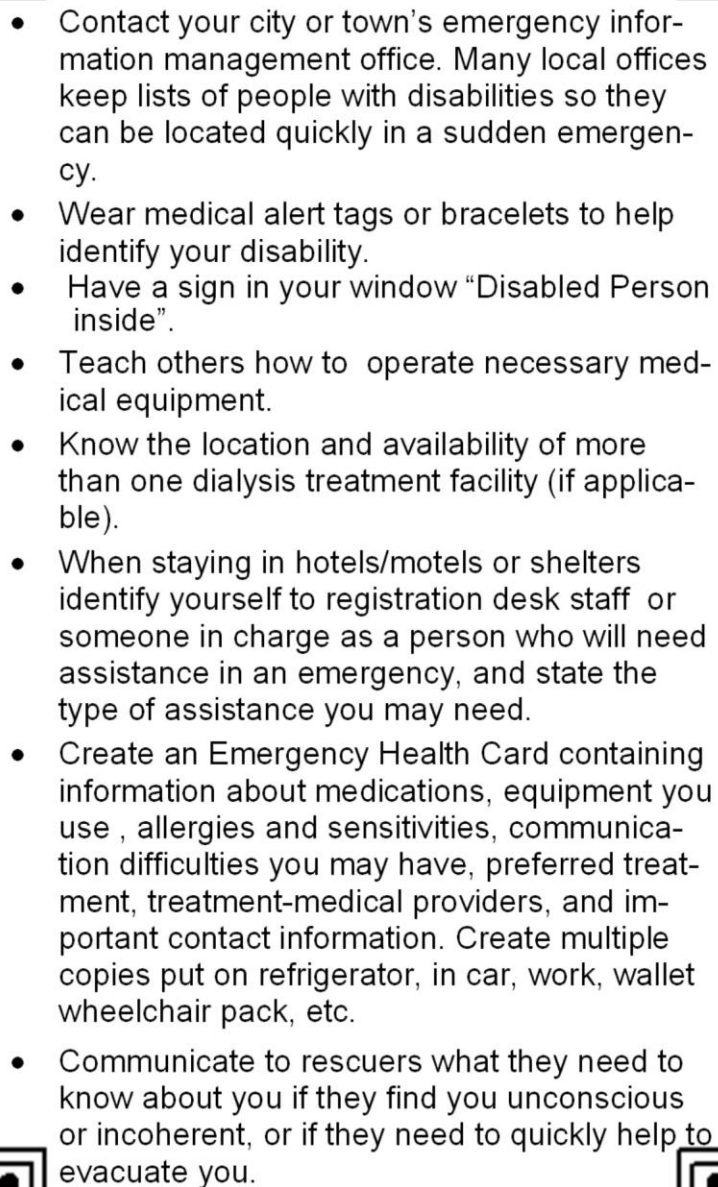
- Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records.
 - Have copies of your medical insurance and Medicare cards readily available.
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- Keep a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- Include the names and contact information of your support network, as well as your medical providers.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.
- Keep these documents in a waterproof container for quick and easy access.

Disabled and Special Needs




- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.

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- Contact your city or town's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
 - Wear medical alert tags or bracelets to help identify your disability.
 - Have a sign in your window "Disabled Person inside".
 - Teach others how to operate necessary medical equipment.
 - Know the location and availability of more than one dialysis treatment facility (if applicable).
 - When staying in hotels/motels or shelters identify yourself to registration desk staff or someone in charge as a person who will need assistance in an emergency, and state the type of assistance you may need.
 - Create an Emergency Health Card containing information about medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment, treatment-medical providers, and important contact information. Create multiple copies put on refrigerator, in car, work, wallet wheelchair pack, etc.
 - Communicate to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly help to evacuate you.



Your Preparedness Plan



OUT OF AREA CONTACT

Name:

City: State:

PH # (day):

PH # (evening):

CELL #:

LOCAL CONTACT

Name:

City: State:

PH # (day):

PH # (evening):

CELL #:

NEAREST RELATIVE

Name:

City: State:

PH # (day):

PH # (evening):


CELL #:


FAMILY WORK NUMBERS





Mother:

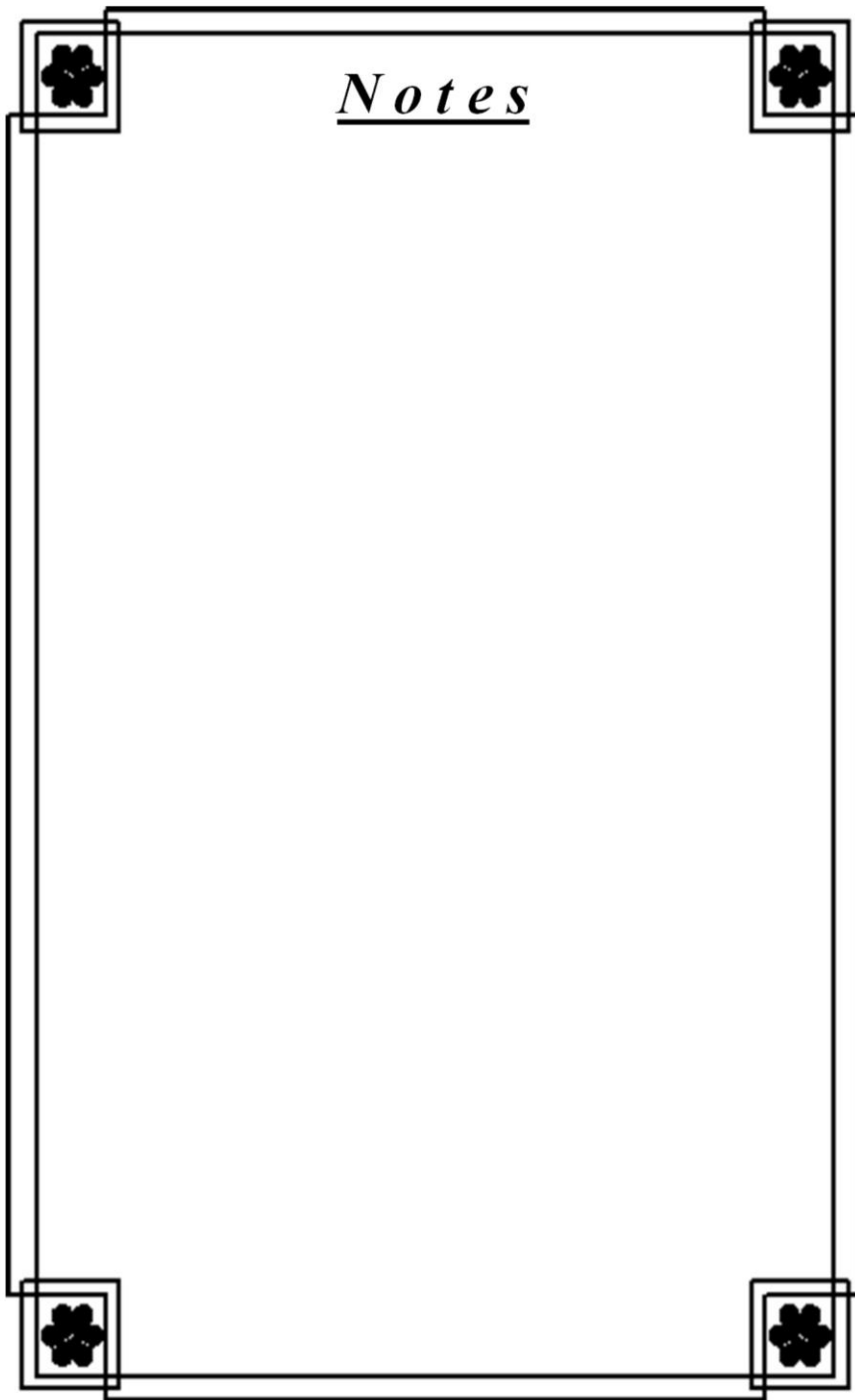
Father:

Other:





	<p>UTILITIES</p> <p>Electric Co:</p> <p>Gas Co:</p> <p>Water Co:</p> <p>Telephone Co:</p> <p>Cable TV Co:</p> <p>SCHOOL</p> <p>Address:</p> <p>PH #:</p> <p>OTHER</p> <p>Address:</p> <p>PH #:</p> <p>OTHER</p> <p>Address:</p> <p>PH #:</p> <p>ADDITIONAL IMPORTANT INFORMATION</p> <p>Doctors:</p> <p>Pharmacist:</p> <p>Medical Insurance:</p> <p>SS Numbers:</p> <p>Local Health Department/District:</p> <p>Veterinarian:</p> <p>Home/Rental Insurance</p> <p>Name:</p> <p>PH #:</p> <p>Policy #:</p>	
		









Quick Tips for Responding to Excessive Heat Events

DO

- Use air conditioners or spend time in air-conditioned locations such as malls and libraries, movie theater or a senior center.
- Use portable electric fans to exhaust hot air from rooms or draw in cool air.
- Take a cool bath or shower.
- Minimize direct exposure to the sun.
- Stay hydrated - regularly drink water or other nonalcoholic fluids.
- Eat light, cool, easy-to-digest foods such as fruit salads.
- Wear loose fitting, light-colored clothes.
- Check on older, sick, or frail people who may need help responding to the heat.
- Know the symptoms of excessive heat exposure and the appropriate responses.

DON'T

- Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F
 - Leave any people or pets alone in cars for any amount of time
 - Drink alcohol to stay cool
 - Eat heavy, hot, or hard to digest foods
 - Wear heavy, dark clothing
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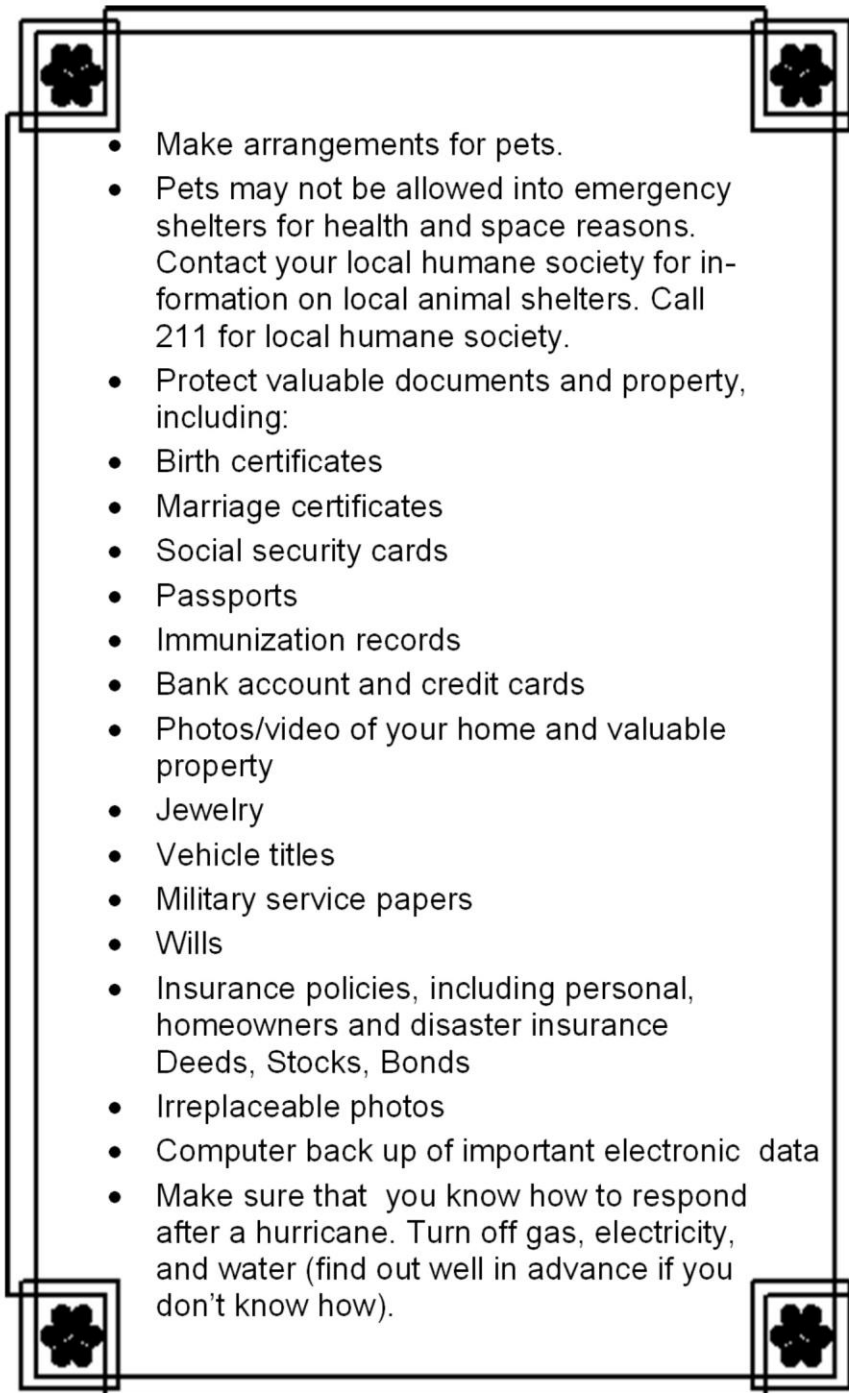
Before a Hurricane





- Know where you will go if you have to evacuate.
- Plan your evacuation route. **ASK FOR HELP!**

Contact your local emergency management office, town hall or other disaster preparedness organization, and ask for the community hurricane preparedness plan. This plan should include information on the safest route . evac-

- Have disaster supplies on hand in the event of a storm, or if you have to evacuate:
 - Flashlight and extra batteries
Portable, battery-operated radio and extra batteries
 - Non-electric can opener and wind up clock
 - Essential medicines
 - **If you are ordered to evacuate**, you should also take:
 - Personal items, such as toilet paper, toothbrush, towel, soap, and essential medications
 - Books, small games and other small entertainment items
 - Important papers and valuables in a waterproof container
 - Names and addresses of relatives, friends and other important contacts
 - Clothing and bedding
 - Cash and credit cards
 - Sturdy shoes
 - Cell phone and charger
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- Call 911, police, or fire department and tune into radio station for emergency information.
 - Protect your windows.
 - Develop an emergency communication plan.
 - In case family members are separated from one another during a disaster (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.
 - Take pictures of your house and property.
 - Take photos and/or video of your house, its contents and the surrounding property. This will make it easier to prove loss to your insurance company following landfall.
 - Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels.

Hurricane Watches and Warnings

A hurricane watch is issued when there is a threat of hurricane conditions within 36 hours. A hurricane warning is issued when hurricane conditions (winds of 74 miles per hour or greater, or dangerously high water and rough seas) are expected in 24 hours or less.

During a Hurricane Watch



- Listen to local radio or television stations for hurricane progress reports and emergency orders.
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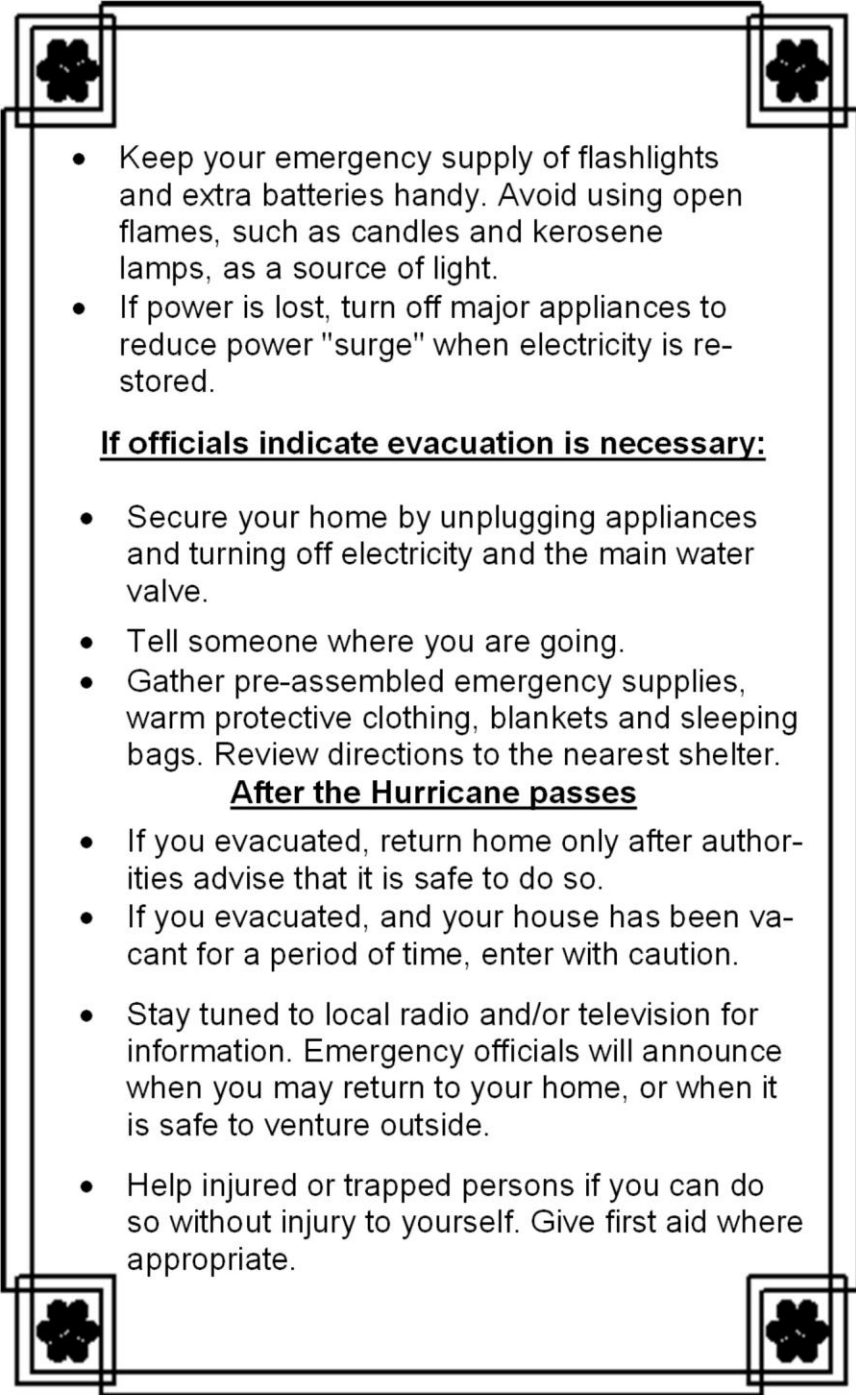
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- Check emergency supplies.
 - If you have not already done so, fuel your car.
 - If you have not already done so, stock up on water, non-perishable food, water and ice.
 - Bring in outdoor objects such as lawn furniture, toys, and garden tools and anchor objects that cannot be brought inside.
 - Secure buildings by closing shutters and/or boarding up windows. Remove outside antennas.
 - Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
 - Fill bathtubs, washing machines, sinks and other containers with clean water.
 - Review evacuation plan.

During a Hurricane Warning

- Listen to local radio and television stations constantly for official instructions.
- If you are in a mobile home, check tie downs, then evacuate immediately to a safe location.
- Store valuables and personal papers in a waterproof container on the highest level of your home, or take them with you if you evacuate.
- Avoid elevators and **NEVER** go outside in the eye of a hurricane.

If you are at home:

- Stay inside, away from windows, skylights, and glass doors.
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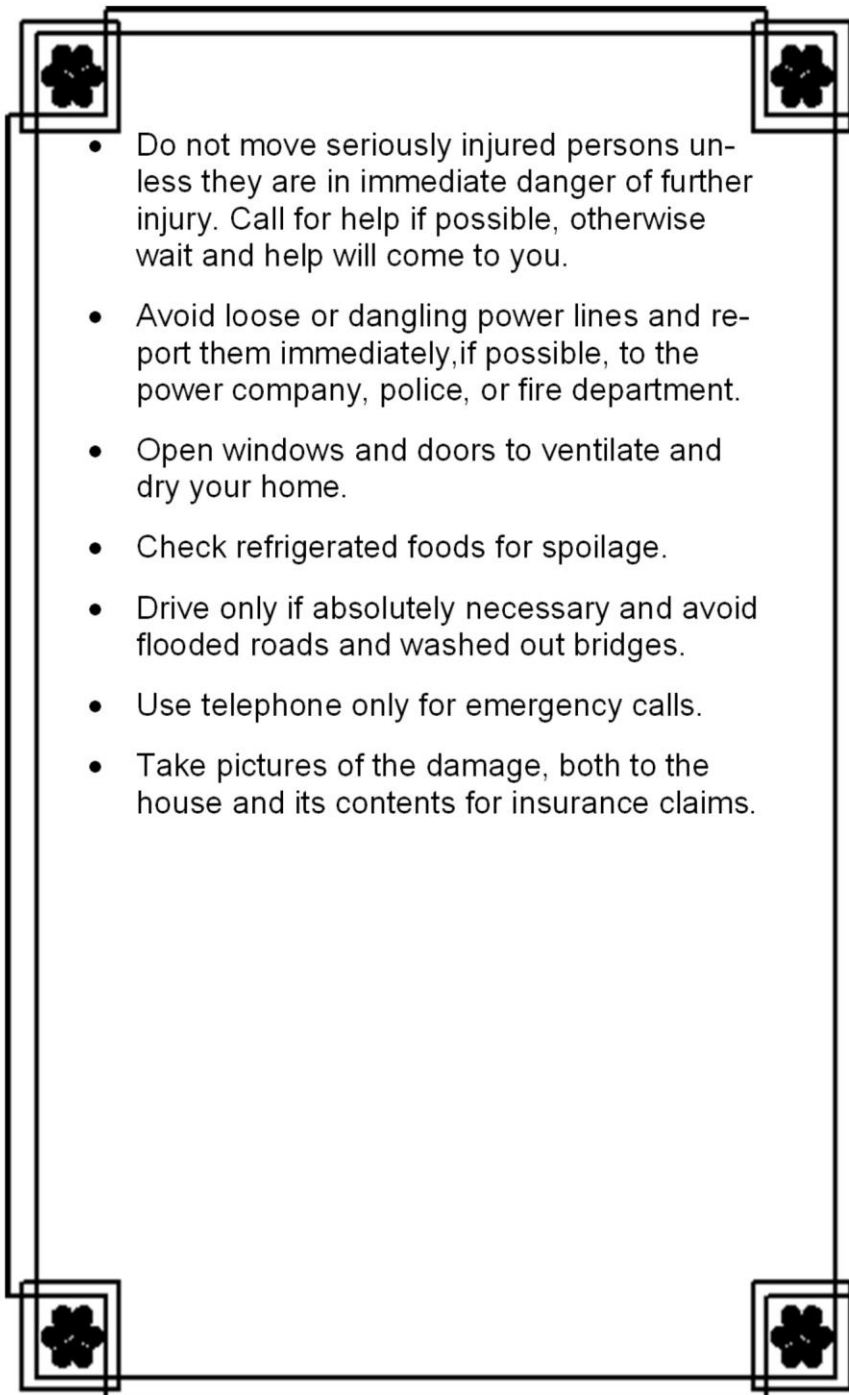
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- Keep your emergency supply of flashlights and extra batteries handy. Avoid using open flames, such as candles and kerosene lamps, as a source of light.
 - If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.

If officials indicate evacuation is necessary:

- Secure your home by unplugging appliances and turning off electricity and the main water valve.
- Tell someone where you are going.
- Gather pre-assembled emergency supplies, warm protective clothing, blankets and sleeping bags. Review directions to the nearest shelter.

After the Hurricane passes

- If you evacuated, return home only after authorities advise that it is safe to do so.
- If you evacuated, and your house has been vacant for a period of time, enter with caution.
- Stay tuned to local radio and/or television for information. Emergency officials will announce when you may return to your home, or when it is safe to venture outside.
- Help injured or trapped persons if you can do so without injury to yourself. Give first aid where appropriate.



- Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help if possible, otherwise wait and help will come to you.
- Avoid loose or dangling power lines and report them immediately, if possible, to the power company, police, or fire department.
- Open windows and doors to ventilate and dry your home.
- Check refrigerated foods for spoilage.
- Drive only if absolutely necessary and avoid flooded roads and washed out bridges.
- Use telephone only for emergency calls.
- Take pictures of the damage, both to the house and its contents for insurance claims.





Know the Terms

- Freezing Rain: Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees, and power lines.
- Sleet: Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- Winter Storm Watch: A winter storm is possible in your area. Tune in to Weather Radio, commercial radio, or television for more information.
- Winter Storm Warning: A winter storm is occurring or will soon occur in your area.
- Blizzard Warning: Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- Frost/Freeze Warning: Below freezing temperatures are expected.



Take Protective Measures

Before Winter Storms and Extreme Cold
Include the following in your disaster supplies kit:

- Rock salt to melt ice on walkways
- Sand to improve traction
- Snow shovels and other snow removal equipment.

Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.

To winterize your car, attend to the following:

- Battery and ignition system should be in top condition and battery terminals clean.
- Ensure antifreeze levels are sufficient to avoid freezing.
- Ensure the heater and defroster work properly.
- Check and repair windshield wiper equipment; ensure proper washer fluid level.



- Ensure the thermostat works properly.
 - Check lights and flashing hazard lights for serviceability.
 - Check for leaks and crimped pipes in the exhaust system; repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
 - Check breaks for wear and fluid levels.
 - Check oil for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
 - Consider snow tires, or tires with chains.
- Replace fuel and air filters. Keep water out of the system by using additives and maintaining a full tank of gas

Dress for the Weather







- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
 - Wear mittens, which are warmer than gloves.
 - Wear a hat.
- Cover your mouth with a scarf to protect your lungs.





During a Winter Storm

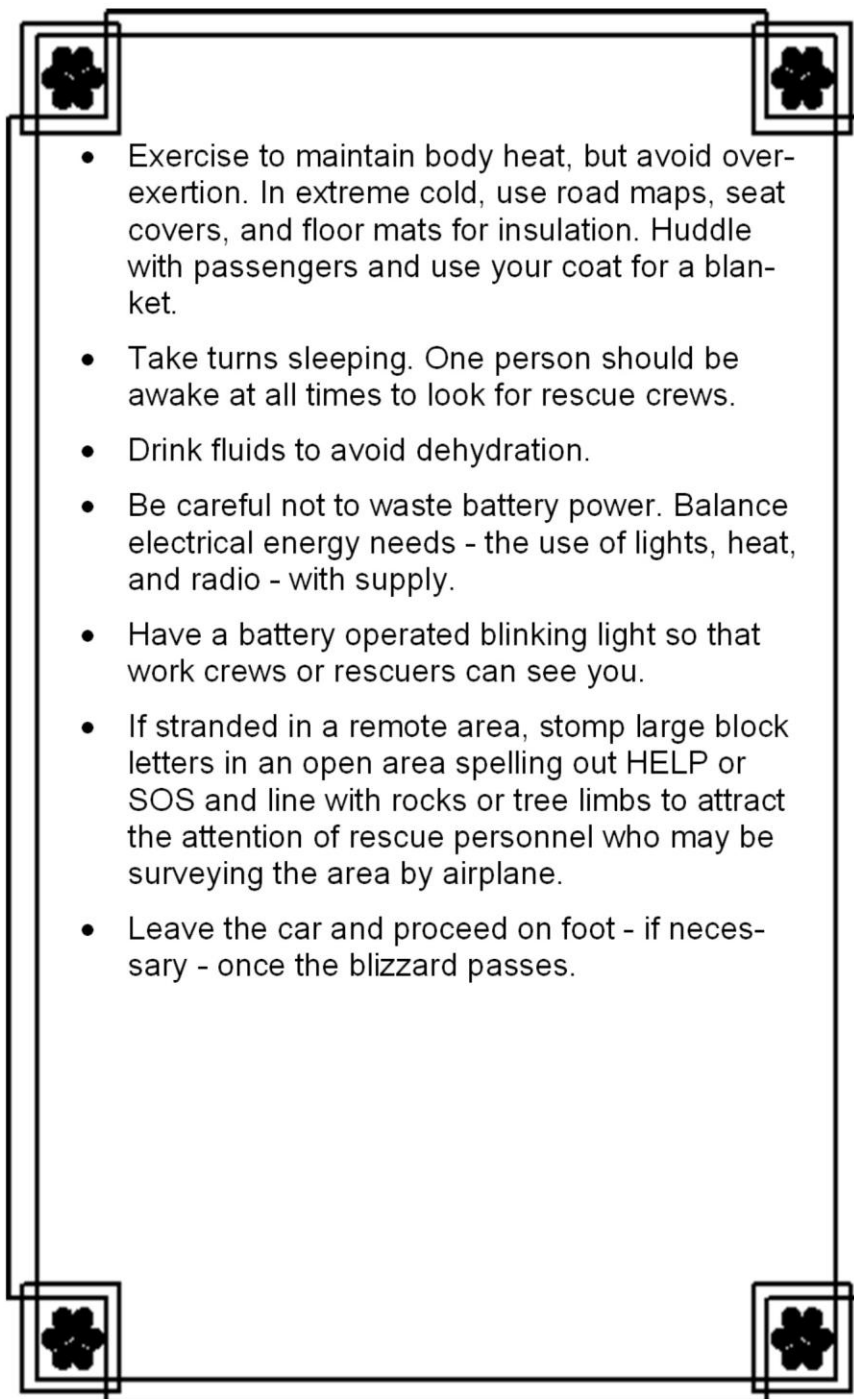
The following are guidelines for what you should do during a winter storm or under conditions of extreme cold:

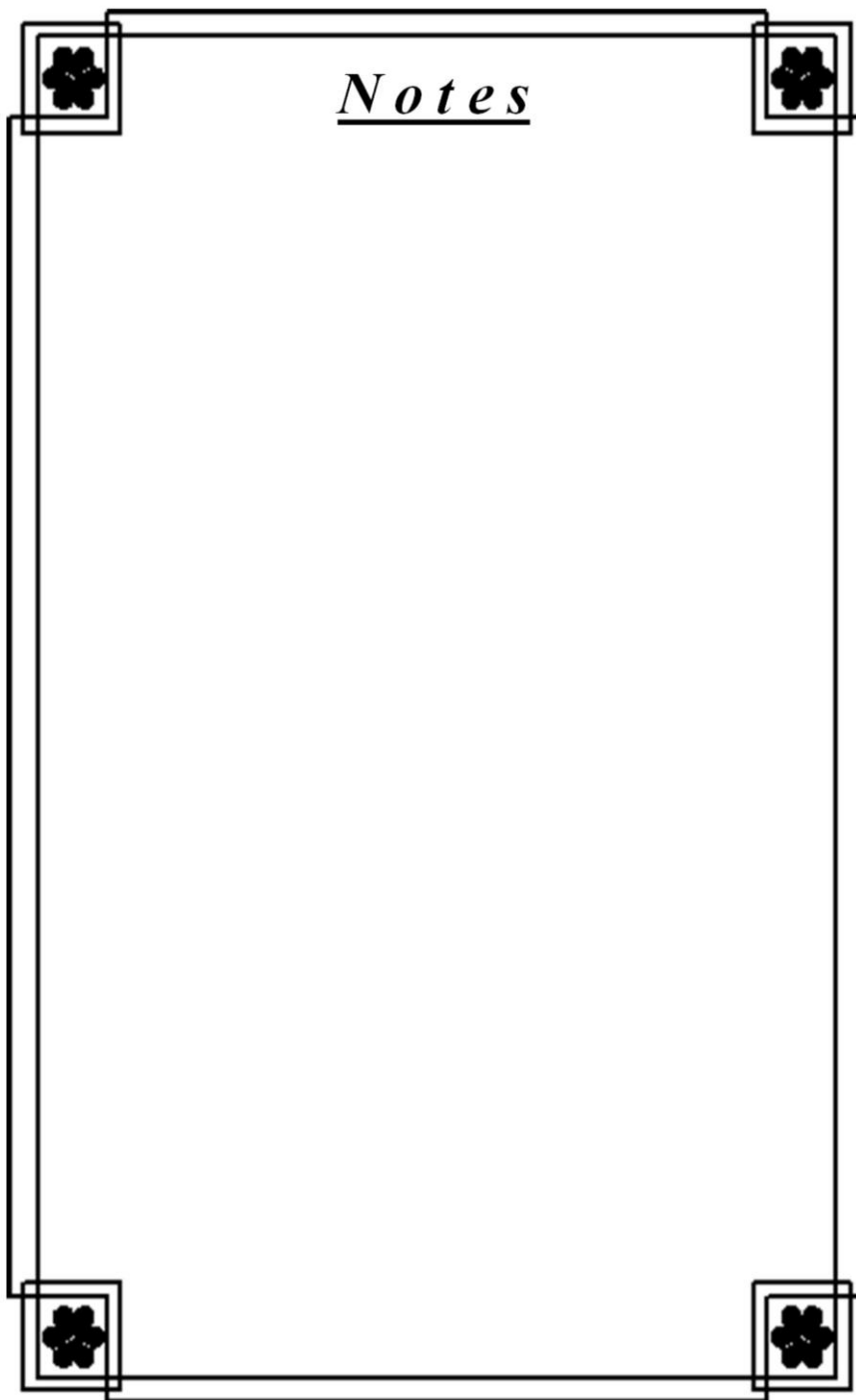
- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information.
 - Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
 - Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.
 - Watch for signs of frostbite. **These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose.** If symptoms are detected, get medical help immediately.
 - Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
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- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
 - Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
 - Drive only if it is absolutely necessary. If you must drive, consider the following:
 - Travel in the day, don't travel alone, and keep others informed of your schedule
 - Stay on main roads; avoid back road shortcuts

If a blizzard traps you in the car, keep these guidelines in mind:

- Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
 - Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.
 - Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open an upwind window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.
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Other Alerts

**IMPORTANT
FOR
SENIORS :
FLU SEASON**



**GET FLU & PNEUMONIA
SHOTS!
WASH HANDS FREQUENTLY
WITH SOAP WATER**



Biological, Chemical, Nuclear & Radiological Emergencies


During A Declared Biological Emergency:

- Follow the instructions of health care providers and public health officials.
- Exposed persons should receive medical evaluation and treatment. Be prepared for long lines.
- If the disease is contagious, persons exposed may be quarantined.
- EVERYONE should use common sense and practice good hygiene and cleanliness to avoid spreading germs.

During A Chemical Emergency:

- Close doors and windows. Turn off all ventilation systems that bring in outdoor air, including fans and air conditioners.
- If you are instructed to SHELTER IN PLACE, you should seek shelter in an internal room and take your emergency supply kit.
- Monitor TV, Radio and Internet reports for **official** news, information and instructions.

DURING a Nuclear Emergency:

- Close all windows and doors. Turn off all ventilation systems that bring in outdoor air, including fans and air conditioners.
 - Choose an underground or internal room to shelter, preferably one without windows.
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