



# HURRICANE PREPARATIONS

## Senior Emergency Checklist



### GENERAL

- Food:** nonperishable packaged or canned, enough to last a minimum of seven days and to meet any special dietary needs
- Water:** one gallon per person
- Flashlights:** do not use candles and be sure to have enough batteries
- Non-electric can opener
- Disposable utensils, paper plates, napkins, and plastic cups
- Radio:** battery operated or hand-cranked radio
- Cash:** banks and ATMs may not be available after a storm
- Rain gear and sturdy shoes or boots
- Set of car, house, and office keys
- Personal hygiene and wellness products

### MEDICAL

- Medications and medical supplies:** a two-week supply and a document listing the names and dosage of your medications
- A list of any medical ailments and allergies
- A list of the style, serial number, and manufacturer information of required medical devices
- Service animal I.D., veterinary records, and proof of ownership
- Hearing Aids / Cochlear Implants
- First aid kit

### COVID-19 SUPPLIES

- Face masks
- Soap
- Disinfectant wipes
- Hand sanitizer

### IMPORTANT DOCUMENTS

- Insurance cards
- Medical records
- Bank numbers
- Credit card numbers
- Copy of social security card
- Copy of birth and/or marriage certificates
- Copy of a will
- List of important phone numbers** (out of town contacts, family, doctors, vet, etc.)

### PET CARE

- Pet food and water
- Proper identification
- Medical records/microchip info
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications

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SKU NUMBER



### BEFORE THE STORM

- Clear your yard
- Cover up windows and doors with storm shutters or plywood
- Know how to turn off your gas, electricity, and water in case you need to evacuate
- Fill clean containers, sinks and bathtubs with water
- Check your carbon monoxide (CO) detector's battery
- Make an emergency hurricane kit for your home and car
- Assign a safe room in your home, without windows, to stay in during the storm
- Designate a shelter in your area, in case you need to evacuate
- Fill your car's gas tank
- Move your vehicle into a garage or somewhere undercover
- Pre-identify pet-friendly locations/ shelters where you can take your pet in case of an evacuation

### AFTER THE STORM

- Stay out of floodwater
- Never use a wet electrical device
- If the power is out, use flashlights instead of candles
- Keep a fire extinguisher handy, and make sure your family knows how to use it
- Prevent carbon monoxide poisoning
- Stay away from damaged buildings and power lines
- Use insect repellent with DEET or picaridin, and wear long sleeves, pants, and socks when you go outside
- Clean up your home safely
- Take care of your emotional health. Keep in touch with family, friends, and others in your community

### BE READY FOR HURRICANES

Call your Conviva Care Center if you have any questions regarding your health. In case of an emergency, always dial 911 for emergency services.



Make a Plan



Build a Kit



Be Informed