



# COUNCIL on AGING

YOUR SOURCE AND VOICE ON SENIOR ISSUES

10925 David Taylor Dr., Suite 150, Charlotte, NC 28262

704.391.5216 • [www.charmeckcoa.org](http://www.charmeckcoa.org)

## BE PREPARED! Just in Case.

**Life doesn't always run smoothly.  
Council on Aging is providing you disaster tips "just in case."**

### BE PREPARED! Here's a Checklist of Things to Do.

- ▶ Put together a disaster supplies kit.
- ▶ Identify safe places within your home.
- ▶ Arrange for someone to check in on you.
- ▶ Be prepared to show rescue workers how to operate any necessary medical equipment.
- ▶ Post emergency phone numbers by your phone.
- ▶ Plan and practice escape routes, just in case.
- ▶ Make transportation/evacuation plans.
- ▶ Create a plan to signal for help.

### BE PREPARED! Here's a List of Disaster Supplies.

#### For You:

- ▶ Battery powered radio AND flashlight (include extra batteries)
- ▶ Copies of important documents (wills, birth certificates, insurance policies, leases, mortgages, medical insurance and Medicare cards, etc.)
- ▶ Necessary medical supplies (prescriptions, first aid kit, list of allergies, extra eye glasses and hearing aid batteries, list of doctors and next of kin, medical device style and serial numbers, etc.)
- ▶ Phone numbers of close family and friends
- ▶ Extra set of clothing
- ▶ Extra keys
- ▶ Non-perishable food and water (3-day supply minimum)
- ▶ Hand crank radio (some can charge cell phones)
- ▶ Blanket or sleeping bag
- ▶ Cash and change
- ▶ Necessary tools (can opener, duct tape, etc.)
- ▶ Phone card
- ▶ Whistle or other noise maker

#### For your Pet:

- ▶ Medications, first aid kit, medical records and name and number of your vet.
- ▶ Sturdy leashes and carriers.
- ▶ Bowls, cat litter, litter box and enough food and water for 3 days.
- ▶ Current photo and description in case you and your pet get separated.
- ▶ Newspapers, paper towels, plastic trash bags.

### BE PREPARED! Here are Important Emergency Numbers.

- ▶ Emergencies – 911
- ▶ Non-emergencies – 311
- ▶ Charlotte-Mecklenburg Emergency Management Department – 704-336-2412
- ▶ American Red Cross - Greater Carolinas Chapter – 704-376-1661

For more information: [www.charmeckcoa.org](http://www.charmeckcoa.org) or 704-391-5216