

EMERGENCY PLANNING *for You & Your Family*

Preparing for emergencies does not have to be hard. It only takes a little bit of effort and you can make it fun by enlisting members from your family to share the responsibility.

When creating your preparedness plan and emergency kit, be mindful of your and your family's well being and medical needs. Also consider any communication tools, service provider information, or anything else that you and your family regularly use and need.

GENERAL SUPPLIES



- One gallon of water per person per day for at least three days
- At least a three-day supply of non-perishable food
- Copies of important documents (insurance policies, prescriptions, phone lists)
- Radio, either battery-powered or hand-crank,
- Extra batteries and cell phone chargers (solar or battery powered)
- Flashlight and whistle to signal for help
- First aid kit that includes dust masks
- Wrench or pliers to turn off utilities
- Manual can opener
- Emergency blankets
- Cash

SUPPLIES FOR OLDER ADULTS



- Eye glasses and hearing aids
- Include comfort item like a favorite pillow
- Current doctor information, medication list and dosage instructions, and any allergies
- List of emergency contacts and phone numbers
- Communication or transportation plan, if needed

ADDITIONAL SUPPLIES FOR PERSONS WITH DISABILITIES OR ACCESS AND FUNCTIONAL NEEDS



- Medical insurance cards, physician contact information, list of your allergies and health history
- Copies of medical prescriptions, doctors' orders, and the style and serial numbers of the assistive devices
- At least a week's supply of medication or medical supplies
- Extra eyeglasses or backup supplies for any visual aids you use
- Supplies for your service animal, if you have one
- Medical alert tags or bracelets or written descriptions of your disability and support needs, in case you are unable to describe the situation in an emergency
- Battery chargers for motorized wheelchairs or other battery-operated medical/assistive technology devices such as hearing aids
- If you use a motorized wheelchair, have a lightweight manual chair available for emergencies (Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported)

TIP: *Prior to an emergency, notify the power company of dependence on electricity. Keep in mind that doing this does not guarantee you a first response in power recovery or rescue.*

Be Aware. Make A Plan. Build A Kit. Stay Informed. Visit ready.dc.gov to learn more.