United Policyholders™

Roadmap to Preparedness

# Preparedness for Seniors

## MAKE A PLAN

- If you don't drive, identify someone you can rely on to pick you up if you have to evacuate
- Put a lock box on your house with a set of keys inside in case someone needs to check on or help you

## IDENTIFY TRUSTED HELP

- Make a list of family, friends, and neighbors phone numbers including at least one who lives outside your area
- Keep one copy in your car and one in your go bag with a phone charger

## MEDICAL

- Make a list of your doctors and their phone numbers
- Make a list of your prescription drugs and dosage (Take a picture of the list with your cell phone if you have one)
- Write down the name(s) of your current insurance plans, take a picture of your insurance ID card(s)

## SHELTER AT HOME SUPPLIES

- At least 3 day supply of water (1 gallon per day per person)
- Non-perishable foods
- 7 day supply of prescription drugs
- A battery operated or hand crank radio
- Flashlights or pop up lanterns and extra batteries
- Back up battery for cell phone (unless you have a landline)

## EMERGENCY ALERTS

- Sign up for local alerts. Sign up for Watch Duty at **www.watchduty.org/join**
- Buy a “NOAA” radio (if hard of hearing, buy one that will shake your bed and flash a light)
- On RED FLAG WARNING days, make sure your phone is charged and watch for alerts

## KNOW WHAT YOU ARE TAKING

- When you get an evacuation notice you need to be ready to go. Don’t delay. EVACUATE EARLY
- Think about and make a list of essentials and items you can’t replace that you most want to take. Keep them handy. Most important is to GET OUT!

## GO BAG

- 3-5 days of your prescription drugs
- Change of clothes
- Phone charger
- List of prescriptions & phone numbers
- Cash (small bills)
- Crank Radio
- Extra keys for house & car

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