



WHAT WOULD YOU DO IN THE EVENT OF A DISASTER?



ARE YOU PREPARED TO EVACUATE YOUR HOME?

ARE YOU PREPARED TO LIVE WITHOUT POWER?

ARE YOU PREPARED FOR AN EMERGENCY?

The Cortland County Area Agency on Aging has compiled the following information (from the Red Cross' "Disaster Preparedness for Seniors by Seniors") to assist you in preparing for emergencies. Being prepared could save your life.

1. Prepare a 72 Hour Emergency Kit which includes the following:

- Three-day supply of nonperishable food (preferably foods that do not need cooking)
- Three-day supply of water (one gallon per day, per person)
- Medications (three+ days' supply)
- Medical insurance card and information
- A photocopy of medication script in case you need to purchase more medication
- Battery-powered radio
- Flashlight with extra batteries and bulbs
- First aid kit and manual
- Sanitation and hygiene items
- Matches in a water proof container
- Cell phone with extra battery and charger
- Whistle (to attract attention of emergency personnel)
- One change of clothing
- Blanket
- Manual can opener
- Photocopies of personal documents/identification
- Cash and coins (ATMs may not be accessible)
- Pet supplies if you have a pet with you
- Plastic garbage bags
- Family and friends' emergency contact information
- Pack of cards (or reading material) to provide entertainment and pass the time
- Keep assistive devices such a wheel chair, walker, hearing aids, etc. in a convenient location during the night, or when they are not in use, so you can access them quickly and easily in the event of evacuation.

See back side for more steps in preparing for emergencies.

2. Make a Plan:

- Make arrangements with a key family, friend, or relative, for checking in with (or for checking in on you) to make sure someone knows your whereabouts and if you are okay.
- Make arrangements for where you will go and how you will get there in the event of evacuation.
- Make arrangements for where you will take your pet. If you go to a shelter, your pet (except service animals) will not be able to come.
- Have an escape route planned of the quickest and best way out of your home, with a second escape route as backup.
- If you will require special assistance during an emergency situation, the Cortland County Office of Emergency Management in conjunction with local

human services agencies has created a Special Needs Registry of those in need. To register, the form can be obtained from the Cortland County Area Agency on Aging.

3. Be Informed:

- Pay attention to news broadcasts, warnings, and storm watches.
- Be aware of what types of disasters your community could have (tornados, ice storms, flooding, power outage, chemical spills, etc.) and know how and what to do in the event of each.
- Register for emergency alerts at www.cortland-co.org. (Click on the “hyper-reach” box at the bottom of the page.)

Take action. Don't just sit and wait. But don't become overwhelmed with all there is to do for emergency preparedness. Take it one step at a time, but get started.

For more information on Emergency Preparedness, call the Cortland County Area Agency on Aging at 607-753-5060.



The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office of the Aging under the Title III of The Older Americans Act of 2016, as amended.