

Earthquake Preparation Tips for Seniors

BEFORE AN EARTHQUAKE

Create your emergency plans.

- ✓ Involve family, neighbors, and care givers. Have them help you make your home safer and put together your emergency supplies.
- ✓ Find a “buddy” - someone you call every day at the same time just to ‘check in’ and let each other know you’re all right.
- ✓ Decide who will check on you after an earthquake. Give everyone each other’s contact information.
- ✓ Tell them your special needs. Show them how to operate any equipment you use, where your emergency supplies are; give them a spare key.
- ✓ Plan and practice the best escape routes from your home.
- ✓ Find safe spots in your home for different kinds of emergencies.
- ✓ Prepare for sheltering in place: you may need to be self-sufficient for at least 3 days. Consider making signs to put in your window: *I’m OK* or *I need help* to help rescuers and save your voice!
- ✓ Prepare for evacuation: have a small bag or backpack with the medicines (or prescriptions), clothing, and valuables you need to take with you.
- ✓ Collect your important papers—insurance, bank information—ahead of time so you can find them quickly and easily if you need to evacuate. Give copies to a family member outside the Bay Area.
- ✓ Make plans for your pet
- ✓ Contact the **Vial of Life** program for storing medicines and prescriptions.



Make your home safer.

- ✓ Eliminate hazards, such as bookcases that could fall and block doorways—attach them to the wall.
- ✓ Make it as easy as possible to get under a sturdy table or desk quickly for protection.
- ✓ Anchor your telephone, television, and any life support equipment. Tanks of gas (oxygen) should be fastened to wall studs.
- ✓ Put a security light in each room. These plug into any outlet and light up automatically if there is a loss of electricity. They operate for 4 to 6 hours and can be turned off by hand in an emergency.
- ✓ Walking aids should be kept near you at all times. Store extra walking aids in different rooms of the house.
- ✓ Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make several copies so you can have one with you at all times and in different places in your home.

Vial of Life

...speaks for you when you can't.

Fire departments, hospitals, agencies around the United States support the Vial of Life program—a simple way to keep medical information where emergency medical responders can find it quickly and easily.

You fill out an information sheet with medical and prescription information, put it into an empty medication vial, and put the vial in your refrigerator where it can be seen easily. Then put the magnet on the refrigerator door and the decals in your window. Fire/Rescue and SF Paramedics will see them and know where to look to find vital information. So even if you are too ill to tell them, they will have information needed to give you the right kind of treatment.

In San Francisco, contact the Vial of Life coordinator
Camilla Arcia at
415-487-5002.

**All materials
are provided FREE!**

