



SENIOR NUGGETS - JULY 2016

DO YOU HAVE A DISASTER SUPPLY KIT?

Hurricane and tornado season is here. Disasters can happen at any moment. The following will assist you in preparing your own disaster supply kit. Input came from a group of seniors who experienced a two-week power outage during last year's arctic vortex and Hurricane Sandy on East Coast.

DISASTER KIT -- WHAT TO HAVE ON HAND:

- WATER. One gallon per person, per day (3-day supply) for evacuation and 2 week supply for home)
- Food. Include foods that require no cooking (canned, dried, etc.) Three-day supply for evacuation and two-week supply for home.
- Manual can opener, scissors, trash bags
- Flashlights (several) with extra batteries and bulbs, (do not use candles)
NOTE: solar lights from outside are useful for indoor use at night
- Battery-operated or hand-crank radio
- First aid kit and manual
- Medications (seven-day supply) and medical items
- Multi-purpose tool (several tools that fold up into a pocket-sized unit) (Swiss Army knife)
- Sanitation and personal hygiene items (e.g., toilet, paper, wipes, plastic bags) portable commode, if available
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies, include car insurance policies, credit card information)
- Cell phone with an extra battery and charger(s)
- Family and friends emergency contact information
- Cash and coins (ATMs may not be accessible)
- Emergency blanket for all in the home
- Keep extra bread, rolls, butter in freezer for thawing and usage

- Place all items in designated 'safe room' and advise family
- Determine a gathering place to assure no one is missing
- Map(s) of local area
- Whistle (helps to attract attention to your location)
- Change of clothing for each person in household
- For those with infants: Baby food, diapers, lotions, plastic bags
- Pet supplies (including food and vaccination records)
- Extra set of keys (car, house, safe deposit box)
- Plastic cups, cutlery, paper plates
- Tissue, paper towels, antibacterial moist towelettes
- Hand sanitizers
- Boxed shelf milk
- Boxed cereals
- Trash bags, small and large
- IMPORTANT - Keep gas in car(s)
- Have cards and board games on hand for entertainment/passing time
- Many of these items are available in Dollar Stores



HAPPY BIRTHDAY TO JULY CELEBRANTS