

# NOVEMBER SENIOR NUGGET ... EMERGENCY PREPAREDNESS

## FOR POWER OUTAGES - NOTIFY BGE at 410-662-9225

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### What to have on hand ... based on partial list from FEMA

- First-Aid kit, including plastic gloves, fully charged cell phone, corded phone
- Portable solar lights (recharge them during the day)
- Dust mask, to help filter contaminated air
- Plastic sheeting and duct tape to shelter-in-place
- Infant formula and diapers
- Feminine supplies and personal hygiene items
- Fire extinguisher
- Flash lights and extra batteries
- Whistle (to signal for help in case of entrapment)
- Battery-operated clock and battery-operated radio
- Manual can opener and cooking utensils (paper products to eat with, etc)
- Canned goods with opening handles (some with arthritis find them hard to open)
- Three-day supply of non-perishable foods (peanut butter, energy bars, crackers, dried fruits etc)
- Bottled water (three gallons for each person and pets in house)
- Buckets of water for flushing toilet(s)
- Toilet tissue, handy wipes, hand sanitizers, trash bags, and plastic bags
- Blankets/pillows or sleeping bags for each person
- Warm clothing / underwear (enough for every member of household)
- Portable toilet (obtain at medical stores, Goodwill stores etc) handy for elderly
- In water-proof bag: matches and candles (supervise at all times; extinguish candles when not in use)
- Pet food/water, to accommodate all pets in residence
- Wrench or pliers to turn off utilities
- Pencil and paper
- Books, games, puzzles, and other activities for children
- Cash or traveler's checks and change
- Paper towels

**GENERATORS:** Do NOT use inside and follow manufacturer instructions (use in well-vented area)

**GRILL:** Can be used to heat up food/beverage (USE OUTSIDE ONLY) assure canister has fuel

**Rx:** Assure adequate supply of prescriptions is always on hand

**CAR:** For better traction, keep gas tank full and keep large bag of kitty litter in the trunk

**SNOW BLOWER:** Check NOW to assure it's ready when needed (keep extra gas on hand)

### **FREEZER**

- Clean freezer now to obtain good source of ice and eliminate water leaking on floor
- Place all food items close together.
- Freezer not full: fill an empty juice/milk container  $\frac{3}{4}$  up and place in freezer. Keeps food frozen for longer period (works year-round and you can use frozen carton in picnic basket)
- Buy water snake (Lowes, Home Depot) place in front of freezer door to avoid water damage

**SAFE ROOM:** Establish a shelter area in case your home is path of major storm. A windowless room is ideal, but if every room has a window, then consider other factors like good ventilation or access to a bathroom. Room should be able to accommodate the disabled.

**FAMILY MEETING PLACE:** Establish a meeting place where family is to gather during an emergency—one inside and outside. This assures everyone is accounted for in event of fire etc.

**PETS:** Food/water for all pets. Place a note in front window showing number of pets inside home.

**GRAB AND GO:** In an emergency it may be impossible to find certain documents or records. Create and fill a grab-and-go binder, equipped with dividers and put inside COPIES of household records, legal documents, medical documents, important photos, insurance, and financial account numbers. **KEEP ORIGINALS IN FIRE-PROOF SAFE.**

Best wishes to all that have a November birthday. Check your birth verse: [www.birthverse.com](http://www.birthverse.com)

Atholton's Senior Ministry Director Vivian Stevens -- Your comments or suggestions are welcomed