



SENIOR NUGGET – JULY 2022

DISASTER PREPAREDNESS – Tornadoes, hurricane season, earthquakes, flash floods, fires, and other disasters bring damages to areas, including ours. This issue features an outline of what is recommended to have on hand for any year-round Emergency Disaster Supply Kit and a few more travel tips.

DISASTER SUPPLIES KIT

- Water – one gallon per person, per day (3-day supply for evacuation and 2-week supply for home)
- Food, include foods that do not need cooking (canned, dried, etc.) Three-day supply for evacuation and two-week supply for home.
- Manual can opener, scissors
- Flashlight, extra batteries and bulbs (outdoor solar lights work too)
- **Whistles – one for each family member. Wear around neck to alert responders.**
- First-Aid Kit and manual
- Radio - battery-operated or hand-crank style
- Medications (seven-day supply) and medical items
- Cell phone with an extra battery and charger(s)
- Sanitation and personal hygiene items (toilet paper, plastic garbage bags, buckets, wipes, tissues, paper towels, hand sanitizer, room deodorizer). Having a Portable toilet on hand is very handy and beneficial. Purchase one from Goodwill
- Copies of personal documents, medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies, passport, ID, cared card list, Government issued ID, divorce, discharge papers, housed in fire-proof box
- Family and friend's emergency contact list
- Cash and coins (ATMs may not be accessible)
- Emergency blanket(s) for all members in house
- Folding cots, inflatable beds, pillows, bedding
- Map(s) of local area
- Change of clothes for everyone
- Pet supplies, food and vaccination record
- Extra set of keys for house, car, garage, etc.
- Game boards, books, cards to provide entertainment
- Baby formula, diapers, clothes, blankets, socks, toy
- **DISCUSS WHERE FAMILY IS TO MEET IF SEPARATED**



TRAVEL – make travel less stressful by taking cell phone photos of your luggage, passport, airline tickets, credit cards, Covid Vaccination/Booster card etc.

On airplanes, put cellphone into **airplane mode** during flight duration.

Check with phone provider about special international plans. Some as little as \$10 a day.

Or, buy a disposal phone abroad (airport, stores etc.).

ATMS abroad are plentiful, but conversion fees are very high. Change money only in banks. Avoid changing money at hotels, shops, restaurant where rates will be higher.

ATMs tend to ‘eat cards,’ causing inconvenient delays waiting for assistance.

FOREIGN MONEY – order international currency from your bank, AAA or Travelex, an online service. There is a fee to order foreign money, and having it shipped to you.

RENTAL CARS: An International Driver’s License is **now required**, (one for each person who will drive) otherwise the car insurance will **NOT** cover you or vehicle in an accident. Obtain license at any local AAA office, membership is not required. Fee is under \$25 for a one - year license. Process takes less than 15 minutes.

Car insurance: buy from rental car provider, take copies of agreement with you to avoid double payment at destination counter. Address any problems, before you leave rental counter. Call agency at 24-hour toll free number and have person on phone speak with local agent. Once you leave counter, there is no recourse! Many rental agencies do not honor second/third party online transactions.

CREDIT CARD: Call providers advise dates on travel, destinations, dates of return ... it avoids having card(s) “locked” for unusual activity. **Avoid foreign time difference problems.** **Take along, a copy of front/back of each card you use.**



Wishing all having a July Birthday, a very Happy Birthday