

## West University Place Readiness Checklist For Older Adults

Non-Emergency Number:

Emergency Number: 911

Senior Services: 713-662-5895 office will be closed in the event of a hurricane.

Step 1: Have essential emergency supplies ready

*“Stay at Home” Emergency Supplies-* pull these items together for a quick, easy access in you home; have quantities to last at least 3 to 6 days; rotate any items with expiration or “use by” dates:

- |   |  |
|---|--|
| <input type="checkbox"/> Drinking Water                     | <input type="checkbox"/> Light Sticks            |
| <input type="checkbox"/> Food (non-perishable: ready to eat | <input type="checkbox"/> Waterproof Matches      |
| <input type="checkbox"/> Portable Radio                     | <input type="checkbox"/> Supply of prescriptions |
| <input type="checkbox"/> Flashlight                         | <input type="checkbox"/> Current Medication list |
| <input type="checkbox"/> Extra batteries                    | <input type="checkbox"/> Cell Phone              |
| <input type="checkbox"/> First Aid Kit                      | <input type="checkbox"/> Cash/traveler’s check   |
| <input type="checkbox"/> Hand Operated Can Opener           | <input type="checkbox"/> Emergency Contact List  |
| <input type="checkbox"/> Duct Tape                          | <input type="checkbox"/> A Tarp                  |

*Evacuation bag-* Have a backpack or bag (preferably on rollers) that has room for many of the items listed above and is also ready to go with these items:

- |  |   |
|--|---|
| <input type="checkbox"/> Personal hygiene it, such as toilet paper | <input type="checkbox"/> Breakfast Bars           |
| <input type="checkbox"/> alcohol wipes, hand sanitizer             | <input type="checkbox"/> Blankets/Sleeping Bag    |
| <input type="checkbox"/> Change of clothing                        | <input type="checkbox"/> disposable dust mask     |
| <input type="checkbox"/> Compact Rain Slicker                      | <input type="checkbox"/> copy of medications list |
| <input type="checkbox"/> Good walking shoes                        | <input type="checkbox"/> spare pair of glasses    |
| <input type="checkbox"/> 2 Bottles of Water                        |   |

*Additional Precautions:*

- |   |   |
|---|---|
| <input type="checkbox"/> Keep gas tank at least half full   | <input type="checkbox"/> Spare hearing aide batteries |
| <input type="checkbox"/> Emergency supply of pet food   |   |
| <input type="checkbox"/> Have an old phone-non portable phone on hand. As if your electricity goes out a cordless/portable phone will not work. |   |

