



## Emergency Planning Tips

1. Post emergency telephone numbers in very large print next to all of your telephones. Include those who could help you in an emergency:
  - ✓ Police
  - ✓ Fire
  - ✓ Poison control
  - ✓ Family members
  - ✓ Neighbors
  - ✓ Friends
2. Have at least one phone that could be easily reached from the floor.
3. Be sure to keep supportive devices (such as a cane, walker, hearing aids) within easy reach in the event of the need to make a sudden exit.
4. Keep all necessary emergency equipment handy and easy to get to at all times.
5. Keep a list of your medications, and ALL drugs that cause allergic reactions, with the personal items you plan to take in an emergency.
6. Make sure all medications are properly labeled and easy to find.
7. Have a plan where you can go for lodging in case of evacuation or other disasters which force you to leave home.
8. Have copies of all of important papers
9. Make sure you have a will and someone you have designated in the event of your illness or death.

## Important Papers to Take in an Emergency



When unexpected emergencies happen, there is often little to no time to gather important information. Gather copies of the following information and keep in one easy to find location. Place everything in a zip lock baggie or a water tight container.

- ✓ Copies of birth and marriage certificates for each family member
- ✓ Copy of driver's license or personal identification
- ✓ Copies of insurance policies
- ✓ Copies of recent tax returns or where they could be found
- ✓ Copies of social security cards of each family member
- ✓ List of recent medications with dosages and schedules
- ✓ Medical history for each family member
- ✓ Passport or immigration papers
- ✓ Proof of residence such as a lease or deed(s)
- ✓ Stocks, bonds, and other negotiable certificates or where to locate them
- ✓ Updated medication list
- ✓ Will (location of will)
- ✓ Another tip is to put a copy of vital paperwork on a computer flash drive, which is easy to carry in an emergency. You can't always carry the computer with you!