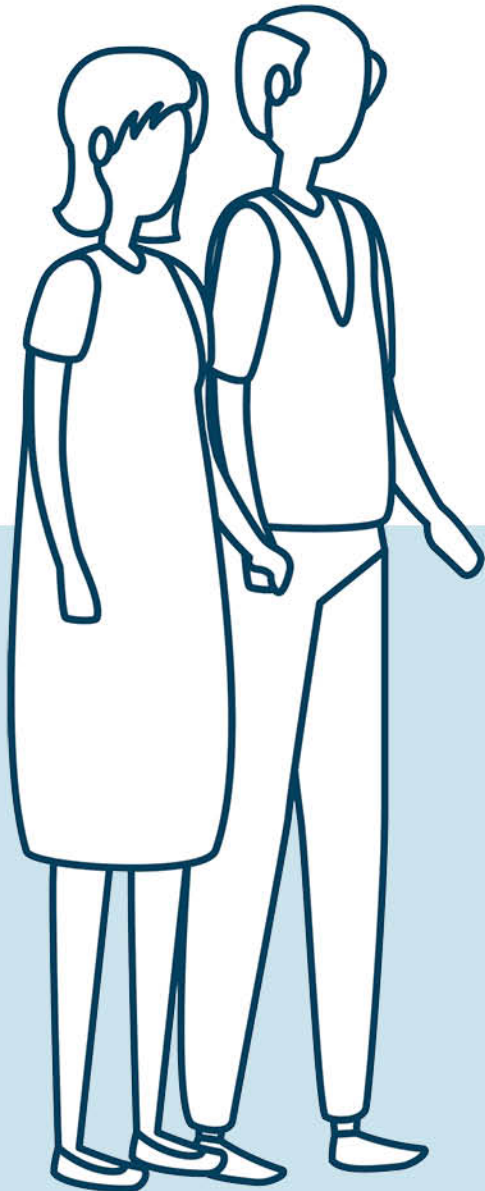


Seniors - Prepare Now for an Emergency

When a disaster strikes, the senior population is one of the most vulnerable, especially for those who live alone. There are measures older Americans can take to start preparing for emergencies before they happen.



■ Make a List of People Who Can Help

Create a chain of contacts. Assign a person who will contact others during an emergency. Enlist family, friends, and neighbors, if necessary, but do not leave it all to one person. Keep your list of helpers in your emergency kit.

■ Be Sure Your Medical Information is Available

If you have a medical condition, you may choose to wear a medical alert bracelet or pendant. Any of the medical alert jewelry that is available today could help first responders treat you properly in case you are unable to give or tell them your medical history.

■ 3 Things You Need to Take with You if You Leave Your Home

1. Information regarding your Health

Before an emergency arises, write down any important information about your health. Include your doctor's and pharmacy contact information, and a list of medications.

2. Emergency Kit

It is recommended to have a kit which includes items needed for survival for a minimum of 72 hours. For a comprehensive list of items to include, please visit www.ready.gov.

3. Cash

The general rule of thumb is to have at least enough cash to pay for 30 days of essential living expenses. Be sure to have some cash in small bills in case you need it for unexpected travel expenses, groceries, or supplies.



FEMA

Everyone can take steps to prepare for the kinds of emergencies that are the most likely where they live. In Louisiana, those include hurricanes, flooding, fires and more. For more information on being ready, see [Preparing Makes Sense for Older Americans - YouTube](#).