



TIPS FOR SENIORS

Before an Earthquake

- ❖ Eliminate hazards. Make it as easy as possible to get under a sturdy table or desk for protection.
- ❖ Secure special equipment such as telephones and tanks of oxygen.
- ❖ Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have the list with you at all times.
- ❖ Keep an extra pair of eyeglasses and medication with your emergency supplies
- ❖ Keep walking aids near you at all times. Have extra walking aids in different rooms of the house.
- ❖ Put a security light in each room. These lights plug into any outlet and light up automatically if power goes out. They operate for four to six hours and you can turn them off by hand.

- ❖ Make sure you have a whistle to signal for help
- ❖ Keep extra batteries for hearing aids with your emergency supplies. Remember to replace them annually.
- ❖ Keep extra emergency supplies at your bedside
- ❖ Find two people to check on you after an earthquake. Tell them your special needs, how to operate equipment you use and where you keep emergency supplies.
- ❖ Prepare to be self sufficient for three days

During & After an Earthquake

- ❖ If you are in bed or sitting down, do not get up
- ❖ If you are standing, duck and cover or sit down. You could be thrown to the floor if you are standing.
- ❖ Turn on your portable radio for instructions and news reports. For your safety, cooperate fully with public safety officials and instructions.
- ❖ Prepare for aftershocks by staying in a safe location
- ❖ If you evacuate, leave a message at your home telling family members and others where you can be found