

EMERGENCY

Supply Kit Checklist

for Seniors



Emergencies can happen at any time, so it is especially important to have an emergency supplies kit packed and ready in case help is delayed.



Recommended Items to Include in a Basic Emergency Supply Kit:

- A 2-week supply of water—one gallon per person per day for drinking and sanitation
- A 2-week supply of non-perishable food
- Pet food and water for your pet
- Can opener
- Paper cups, plates and plastic utensils, paper towels
- Prescription medications and glasses
- Sleeping bag or warm blanket for each person; consider additional bedding if you live in a cold-weather climate
- A change of clothing, including a long-sleeved shirt, long pants and sturdy shoes; consider additional clothing if you live in a cold-weather climate
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Battery-powered or hand crank radio with extra batteries



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- Cell phone with an extra battery and charger
- Family's and neighbor's emergency contact information
- Flashlight and extra batteries
- First aid kit and manual
- Bleach and medicine dropper—when diluted nine parts water to one part bleach, bleach can be used as a disinfectant, or use it to treat water by adding 16 drops per gallon of water; do not use scented, color-safe or bleaches with added cleaners
- Whistle to signal for help
- Cash
- Matches in a waterproof container
- Fire extinguisher
- Paper and pencil
- Books, games, puzzles or cards to pass the time
- Any additional items that you feel would be important for your particular needs

Review the contents of your emergency kit at least every six months or as your needs change. Check for expired supplies and medications and replace with fresh supplies.

Preparing for the unexpected is something that should be expected in a home care provider. Call At Home Independent Living today to learn how we are helping to keep our clients safe.

Sources: Ready.gov, American Red Cross



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