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10 Emergency Kit Essentials

Severe weather and natural disasters are becoming more common, and older adults can be especially vulnerable. Stocking a good emergency kit can help you stay comfortable during power outages and be ready to evacuate.

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10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness.



National Institute
on Aging

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- Learning more about [disaster preparedness and recovery for older adults](#)
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