

What YOU need to know!

A disaster can affect each person differently. Be aware of what hazards and disasters could affect you. Working with your family and friends to create a support network will make all the difference during the next emergency.

Establish a Personal Support Network

A personal support network is made up of individuals who will check on you in an emergency to ensure you are okay and to give assistance if needed. This network consists of friends, roommates, family members, relatives, personal attendants, co-workers, and neighbors.

If You Need To Evacuate

- Public Shelter locations and opening times will be broadcast over TV and radio if an emergency dictates an evacuation. Know which two shelters are closest.
- Coordinate with your home care provider for evacuation procedures.
- Be aware that public shelters are hot, crowded, and noisy. **In addition you must bring all of your disaster supplies with you.** Perhaps sheltering in place with a friend who can assist you is a better option. Shelter in place only if you live in an area outside of evacuation and flood zones.
- On Oahu, if an evacuation is ordered City buses will become evacuation shuttles taking you to the nearest designated public shelter. Transportation during an emergency is free and buses can be flagged down anywhere along their route. You need not be at a bus stop.

Additional Disaster Supplies for Seniors

- Prescription medicines, list of medications including dosage, and a list of allergies
- Extra eyeglasses and hearing-aid batteries
- Incontinence supplies
- Extra wheelchair batteries, oxygen
- Medical insurance and Medicare cards
- List of style and serial numbers of medical devices such as pacemakers

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