

# ***Emergency Preparedness***

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***The Goal:***

***Survive !!***

***Seniors and Emergency Preparedness***

***Red Cross - Senior are the most unlikely people to survive after a Disaster***

***Age***

***Inflexibility***

***Lack of Planning***

## ***Emergency Planning - 1st 72 hours***

- 1. Shelter - Protection from the elements***
- 2. Water - One gallon per person per Day***
- 3. Food - 1200 to 1500 calories per day per person***
- 4. Communications - Portable Radio, plus SOS radio***

***If you have a Pet at least one meal a day per Pet and water.***

## ***Rescue - Priority***

- 1. Injured***
- 2. Those at further Risk***
- 3. Those who are not at Risk or Injured***

***Depending on the size and magnitude of the Disaster those who are not injured or at Risk may have wait much longer than 72 hours.***

## ***Tri-Valley Risks***

- 1. Earthquake (Wide Spread Damage)***
- 2. Collapse Del Valle Dam (Wide Spread Damage)***
- 3. 100 year Flood Plain (Wide Spread Damage)***
- 4. Loss of Utilities (Localized)***

## ***Other Risks***

*Remember the Goal is to **“Survive”***

*After the 1st 72 hours you can expect your Friends and Neighbors to loot your supplies. **“Do Not disclose or advertise your resources”***

## ***Adjust your Resources***

***Understand the circumstance and adjust the resources needed.***

***Winter - Shelter and Clothing***

***Summer - Shelter and Water***

***We can survive longer periods without food, but without water we may not last more than several days.***

## ***Emergency Supplies***

- 1. Flash Lights and Batteries***
- 2. Gloves***
- 3. First Aid Supplies***
- 4. Knife/Hatch***
- 5. Water Filters or Purification Tablets (Both suggested)***
- 6. Rope***
- 7. Poncho, Tarps***
- 8. Fire Starting supplies***
- 9. Change of Socks***
- 10. Small backpacker stove and pots and pans***
- 11. Medications***



## **Conclusion**

### **Bay Area**

*Earthquake and Flooding could limit your ability to shelter in your home, so mobility is important, keep your emergency supplies at or under 12 lbs. Remember you are a Senior and may have to walk to a Rescue Area for help.*

### **Las Vegas**

*Little or no risk of earthquakes, risk of flash floods (those who live at the base of the foothills and mountains) and loss of Utilities. Sheltering in the Home is the best method for survival.*