

## Prepare Now for Any Type of Emergency

There are things you can do right now to mitigate personal injury or loss of property as a result of an emergency.

### BE INFORMED

Sign up for **NotifyMe** on the City of Inglewood website to receive alert notices about emerging or imminent emergencies via text message. Monitor TV, radio, social media and print for important information in your area.

### MAKE A PLAN

Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well being. Practice your plan.

### BUILD A KIT

It may take a while before first responders can arrive. Have an emergency kit readily available at home, work, and car with supplies to ensure you and/or your family can be self-sustaining for at least five days.

### BE PREPARED

Join the Inglewood Community Emergency Response Team (CERT). Take a CPR or first-aid course through the American Red Cross, or work with the Red Cross to "Map your Neighborhood" to identify risks and resources within your neighborhood.

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#### Additional Information on Disaster Preparedness

Please visit these informative websites:  
[www.fema.gov](http://www.fema.gov)  
[www.ready.gov](http://www.ready.gov)  
[www.redcross.org](http://www.redcross.org)

Staying Safe...  
After a Disaster

# Preparing for Emergencies: Information for Senior Citizens



CITY OF  
**INGLEWOOD**  
Office of Emergency Services

Consider getting a medical alert device that will allow you to call for help if you are immobilized during an emergency.

### Make a Plan

- **Create a Personal Support Network**, include family, friends and others who may assist you. Be sure all members of your network **know how to contact each other**.
- **Identify a friend or relative** in another region that may not be impacted by the emergency, so you can provide information regarding your well being.
- **Practice your plan** with those who may assist you. Include how to work any necessary medical equipment you have.
- **Establish a meeting place** or contact plan for after an emergency.
- **Evacuation:** Plan how you will get away and where you will go. Choose several destinations in different directions so you have options in an emergency.



### Build an Emergency Kit

- **Immediately after an emergency** you may not have access to running water, electricity, medical facilities or a drugstore.
- **Plan to be self sufficient** for at least five days.
- **Create an emergency supply kit.** Think about the resources you use on a daily basis and what you might need or do if they were not available.
- **You will want to gather the basic supplies** needed for survival: food, water, and life sustaining items you require. Include items that provide you with personal comfort such as a family photo.
- **Remember the needs of pets** and/or service animals. Include food, water, and toys for pets in your kit.

### Additional Items

- **Your personal needs are unique**, keep this in mind when you prepare for an emergency.
- **If you use a walker or wheelchair**, wear hearing aids, dentures, or eyeglasses make sure you bring those with you in case of evacuation.
- **Make sure** you have extra hearing aid batteries, wheelchair batteries, or a supply of oxygen available.

### Important Documents

- **Include copies of important documents** in your emergency supply kit.
  - Wills
  - Power of attorney documents
  - Deeds
  - Social security numbers
  - Medicare
  - Documents
  - Bank information
- **Keep these in a waterproof and tamper proof container.**

### Include Medications and Medical Supplies:

- **If you take medicine or undergo a medical treatment or use a medical device on a daily basis**, be sure you have an emergency supply that can last at least five days.
- **Keep a copy of your prescriptions** as well as dosage or treatment information.
- **If you undergo routine treatments** administered by a clinic or hospital, or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans.
- **If you use medical equipment** in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.