

Seniors' Emergency Preparedness Checklists



A. Ready to Shelter in Place Checklist

Emergencies can sometimes make it unsafe for people to leave their homes for a brief or extended period of time.



Prepare to shelter in place for at least 72 hours by ensuring you have the following items in your home. Check off each item as you prepare.

1. Water



4 litres per person per day X 3 days (72 hours)

2. Food



Canned meats & fish, beans, soups, pasta, fruits, vegetables



Tetra packs of milk and juice



Tea, instant coffee, sugar



Crackers, biscuits, granola bars, protein bars



Pudding cups, fruit cups



Peanut butter, jam, honey



Food for pets



Manual can opener

- **Remember** – monitor expiry dates on food, water, medications, batteries, etc.
- **Rotate** – supplies so you always keep items fresh and safe.

3. First Aid Kit



First aid manual



Tweezers



Cleansing agent/soap



Rubbing alcohol

- Safety pins
- Vinyl gloves
- Sterile gauze pads & roller bandages
- Pain reliever, anti-diarrhea medication, antacid,
- Thermometer
- Sterile adhesive bandages
- Hypoallergenic adhesive tape
- Scissors

4. Medications & Special Equipment

- Extra prescription medications
- Extra set of eyeglasses
- Hearing aid batteries
- Wheelchair batteries
- Oxygen
- Other special equipment

5. Tools & Other Supplies

- Disposable plates/cups/cutlery
- Battery operated radio and extra batteries
- Flashlights and extra batteries
- Plastic bags of all sizes; garbage bags
- Liquid detergent and soaps
- Extra blankets/sleeping bags
- Fondue/chafing dish to safely heat food



B. Ready to Evacuate Checklist

If an emergency poses a threat to your safety, emergency officials may advise you to **evacuate**. An evacuation order may come with little warning, so it is important to have a pre-assembled “Go Bag” ready for each member of your household.

Your Go Bag needs to be light and portable. A backpack on wheels is a good option.



Check off each item listed below as you assemble your Go Bag:

1. Water

- 2 litres per person per day (4, 500 ml water bottles per day per person)

2. Food

- Non-perishable, nutritious snack foods, such as granola bars, protein bars, nuts, dried fruit

3. Health Care Needs

- First aid kit
- Prescription medications & up-to-date list of meds
- Any specialized equipment you need
- OHIP number; immunization records

4. Photocopies of Important Family Documents

- Insurance policies (property, content, vehicle). Include policy numbers, insurance company contact numbers, etc.
- Investments, deeds
- Inventory of household contents
- Social insurance number
- Passport
- Bank account numbers
- Birth and marriage certificates
- Photos of family and friends

5. Other Supplies

- Change of clothes and sturdy walking shoes
- Small bills and change
- Small battery operated radio and extra batteries
- Small flashlight and extra batteries
- Thermal blanket
- Personal hygiene supplies
- Whistle
- Map of your community

Remember to:

- **Check the contents of your Go Bag twice a year.**
- **Keep your bag in a secure, accessible location.**