



# Emergency Kits for Seniors

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*Fact Sheet*

## PLAN FOR THE WORST, HOPE FOR THE BEST!

Thinking about emergencies doesn't have to be a scary thing. It can be fun putting together your emergency kit. Having a supplies kit on hand means that you can rest easy knowing that you're one step ahead of an emergency.

## WHAT TO PACK?

- Battery powered radio and flashlight (with extra batteries)
- Change of clothing, with sturdy shoes
- Blanket or sleeping bag
- Extra set of keys
- Cash, credit cards, change for the pay phone
- Personal hygiene supplies
- Phone numbers of local and non-local relatives or friends
- Insurance agent's name and phone number
- Water supply- enough for 3 days
- Canned foods with manual can opener
- First Aid Kit
- Prescription medications
- Extra eyeglasses and hearing aid batteries
- Copies of important documents: Social Security cards, health insurance cards, shot record, bank account information, etc.
- List of the style and serial numbers of medical devices such as pacemakers

**Your emergency supplies kit can be a life-saving tool!**

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*For more information:*

- St. Mary's County Health Department- 301-475-4330
- American Red Cross, Southern Maryland Chapter- 1-888-276-2767