



## What do you do in the first ...

### 2 minutes

Drop, cover and hold on

### 2 hours

Check your immediate surroundings

Evacuate, if necessary

Follow your plan

1EQText:Your out-of-state contact

### 2 days

Use resources in preparedness kit

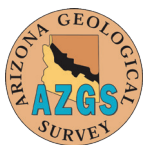
Check with neighbors & community

### 2 weeks

Organize community members

#### Credits

We thank the Oregon Office of Emergency Management for sharing their 'Two Weeks Ready' Flyer.



#### For more information:

[azgs.arizona.edu](http://azgs.arizona.edu)

<https://azgs.arizona.edu/center-natural-hazards/earthquakes>

## Make a plan

Label any equipment such as canes, walkers, oxygen tanks or wheelchairs with your name and contact information.

Keep hearing aids, glasses and other assistive devices near the bedside. You may want to attach the equipment with Velcro. Some disasters, particularly earthquakes, may cause items to shift.

Conduct a "hazard hunt" in your residence to remove any items that could hinder your movement away from a dangerous area:

> Secure or remove throw rugs and carpet.

> Make sure evacuation routes are passable, given any limitations you may have.

Keep support items such as wheelchairs, walkers and other assistive devices in a designated place so they can be found quickly.

## 2 Weeks Ready

# Seniors



## Introduction to “Two Weeks”

Preparing for disasters can be done over time. The usual three-day supply is a good start. It is helpful in the event of short-term power outages or temporary evacuation. But a large earthquake could leave much of the area’s transportation routes disrupted or destroyed. This will make it difficult or impossible to deliver assistance and supplies. Arizonans will have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods and communities strive to be self-sufficient for two weeks. As we age, our needs and abilities change. There are common-sense measures older Arizonans can take to start preparing for emergencies before they happen.

Whether you live alone or depend on a caregiver, if you are in good health or have physical limitations, it’s important to have a plan for what to do before, during and after a disaster. It can be empowering to identify what you need and to ensure those needs are met when a disaster strikes.

Create a personal support network of neighbors, relatives and friends in case you need help in an emergency. Discuss your needs and make sure your support network knows:

- > What medications you rely on
- > Your physical needs and how to operate necessary equipment for your health and safety
- > Emergency plans of the facility or care center where you may reside
- > Your local and out-of-state contact information

Take time to learn text messaging if you do not know how to use it so you can let friends/family know you are safe. Texts often work even when phone lines are not working. Have a frank talk with your support network to determine in advance where you will go and who will be able to care for you for at least two weeks.



## Personal emergency kit

Everyone should have an emergency kit. Seniors should also keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need.

Keep a list of type and model numbers of the medical devices you use. Include extra eyeglasses and hearing aid batteries. Keep copies of insurance, Medicare cards, and other important documents in your kit..

Regularly, check medications, batteries and other supplies for expiration dates; refill prescriptions as soon as you are eligible in order to maximize the amount of medication you have on hand.

Switch to electronic payment for your Social Security benefits. Federal benefit recipients can sign up by calling (800) 333-1795 or at [www.godirect.org](http://www.godirect.org).

Check medications, batteries and other supplies for expiration dates; refill prescriptions as soon as you are eligible in order to maximize the amount of medication you have on hand.

# Preparing makes sense for older Arizonans