



Earthquake Preparedness for Seniors / Disabled

Introduction

Seniors, People with Disabilities, and others with Access and Functional Needs (AFN) may have additional needs before, during and after an earthquake. The information in this tip is obtained from: EarthquakeCountry.org/disability.

Secure Your Space

- Secure essential equipment such as oxygen tanks or other life support devices
- Secure furniture and electronics to wall studs
- Move heavy items to low shelves
- Hang mirrors and pictures with closed hooks
- Consider how to keep exit routes clear

Plan to be Safe

- Identify an out of area contact
- Label all adaptive equipment with your current contact information and out of area contact
- Have an evacuation plan that includes your transportation needs
- Identify a meeting place just outside your home and a secondary meeting place outside the neighborhood
- Make a care plan for your pets and service animals
 - ⇒ only service animals are allowed in shelters
- Sign up for alert systems in your region to received calls, text messages, or emails directly
- Identify trusted sources of information on social media, such as local government agencies and offices of emergency services

Organize Disaster Supplies

- Review list of general Go Bag items
- Medications (both prescription and over-the-counter medications) and medical supplies
- Medical information and medication list
- Copy of prescriptions

- Communication supplies
- Supplies for your specific needs such as:
 - ⇒ hearing aid batteries
 - ⇒ eyeglasses
 - ⇒ walking stick
 - ⇒ oxygen or nebulizer supplies
 - ⇒ blood glucose tester
 - ⇒ special equipment for hygiene and catheter supplies
 - ⇒ feeding equipment
 - ⇒ hygiene Supplies
 - ⇒ soothers/calming items
- Attach a bag to your bedpost or bed frame with
 - ⇒ a flashlight (with batteries)
 - ⇒ sturdy close-toed shoes
 - ⇒ heavy gloves
 - ⇒ a whistle or noise maker
 - ⇒ an emergency information list

Drop, Cover, and Hold On

- If you are in a recliner or bed
 - ⇒ do not try to transfer during the shaking
 - ⇒ cover your head and neck with your arms or a pillow until the shaking stops
- If you use a cane
 - ⇒ Follow the Drop, Cover, and Hold On instructions
 - ⇒ or sit on a chair, bed, etc. and cover your head and neck with both hands
 - ⇒ either way, keep your cane near you so it can be used when the shaking stops
- If you use a walker
 - ⇒ lock your wheels (if applicable) and carefully get as low as possible
- If your walker has a seat
 - ⇒ sit and cover your head/neck with your arms, a book, or a pillow
- If no seat, try to get down with your head lower than the top of the walker
- Bend over, then hold on until shaking stops

If You use a Wheelchair

- Lock your wheels
- Cover your head and neck with your arms, a book, or a pillow
- Bend over and hold on until the shaking stops

Once Shaking Stops

- Check yourself for injury, paying extra attention to areas where you have reduced sensations
- Stay close to and aware of the safe spaces in your environment in case there are aftershocks
- Look around for hazards such as broken glass and objects in your way
- Evacuate only if necessary, otherwise stay where you are

Considerations for Refrigerated Medications

- When there is a loss of power, keep medications in the refrigerator until it becomes warm, at which point they can be moved into the freezer
- When the freezer becomes too warm, transfer medication to a small, insulated container and use chemical cold packs
- Wrapping an emergency blanket around the ice chest or cooler will help contents stay cold much longer
- Ask your doctor or pharmacist how long your medications will last unrefrigerated
- If you evacuate to a shelter, tell shelter staff that you have refrigerated medication