

# EMERGENCY PREPAREDNESS TIPS

By Emergency Management Coordinator Waheeda Yousofzoy

**SEPTEMBER IS  
NATIONAL  
PREPAREDNESS  
MONTH.  
THE 2023 THEME IS:**

**“TAKE CONTROL IN 1, 2, 3”**

**PREPARING FOR OLDER  
ADULTS**

The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

We know older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face.



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## PLAN AHEAD

### **Communication:**

Sign up for Alerts and Warnings

**Link:** [Warn Central Texas](#)

**Link:** [Voyent](#)

### **Transportation:**

Plan ahead if you need help evacuating, especially if you use Assistive Devices (walkers, canes, wheelchairs, etc.).

### **Individual Needs:**

Understand your needs in gathering your disaster supply kit, especially when it comes to the following items:

1. Medications
2. Medical Supplies
3. Batteries and Chargers

### **Documentation:**

Make copies of Medicaid, Medicare, and other insurance cards. Keep your contacts updated and synced across all your channels, including phone, email and social media.

Store important documents and items like passports, birth certificates, maps and electronics in a flood-safe place like a high shelf or upper floor in resealable water-tight plastic bags to help waterproof them. Visit [www.floodsmart.gov](http://www.floodsmart.gov) to know your area's level of flood risk.

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*“Before anything else, preparation is the key to success” - Alexander Graham Bell*

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## MAKE A PLAN

### Create a Support Network

Family, friends and others can assist you during an emergency.

Create a group chat via a texting app or a thread for family/friends/coworkers to communicate during a disaster.

### Make an Emergency Plan

Be sure to at least have one person in your support network have an extra key to your home and knows where you keep your emergency supplies, as well as understands how to use lifesaving equipment or administer medicine.

### Service Providers

If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.

### Pets and Service Animals

Not all shelters accept pets, so plan for alternatives. Consider asking loved ones or friends outside of your immediate area if they can help with your animals.

## BE INFORMED

### Basic Commands

To sign up to get preparedness tips: text **PREPARE** to **43362**.

To search for open shelters (for disaster survivors) text **SHELTER** and a **ZIP code** to **43362**.

To get a list of all keywords you can subscribe to text **LIST** to **43362**.

Register with American Red Cross' [Safe & Well](#) site to let family and friends know you're okay.

## HAZARD SPECIFIC

### Wildfires

Create a safety zone of at least 30 to 100-feet around your residence.

Keep grass, plants and other vegetation around your living area well hydrated.

Keep your roof and gutters clear of debris.

### Home Fires

Create and practice a fire escape plan from your place of residence. [Fire Escape Plan](#)

Make sure you can get through doorways and exits if you use a walker or wheelchair.

### Flooding

Find safe shelter right away.

Do not walk, swim or drive through flood waters. Turn Around, Don't Drown!

Remember, just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off bridges over fast-moving water.

Depending on the type of flooding:

- Evacuate if told to do so.
- Move to higher ground or a higher floor.
- Stay where you are.

## **Hurricanes**

Keep the area around where you live free of natural debris or yard waste that could be picked up by heavy winds and cause damage.

Know your evacuation zones, and what resources and assistance is available in your area.

Remove debris from gutters and drains.

## **Earthquakes**

Hold regular [Drop, Cover, and Hold On](#) drills with your family.

Anchor heavy objects like furniture or appliances to walls. Secure fragile or heavy objects.

## **HELPFUL LINKS**

- [Ready.gov](#)
- [Emergency Supply List](#)
- [12 Ways to Prepare](#)
- [Communication Plan Form](#)
- [Older Adults Flyer](#)
- [Older Adults Flyer \(Spanish\)](#)
- [People with Disabilities Bookmarks \(Front and Back\)](#)
- [Prepare For Emergencies Now. Information for Older Adults \(PDF\)](#)
- [Preparing Makes Sense or Older Americans \(Video\)](#)
- [Individuals with Disabilities and Other Access and Functional Needs](#)
- [AARP Operation Emergency Prepare](#)
- [AARP Operation Hurricane Prepare](#)