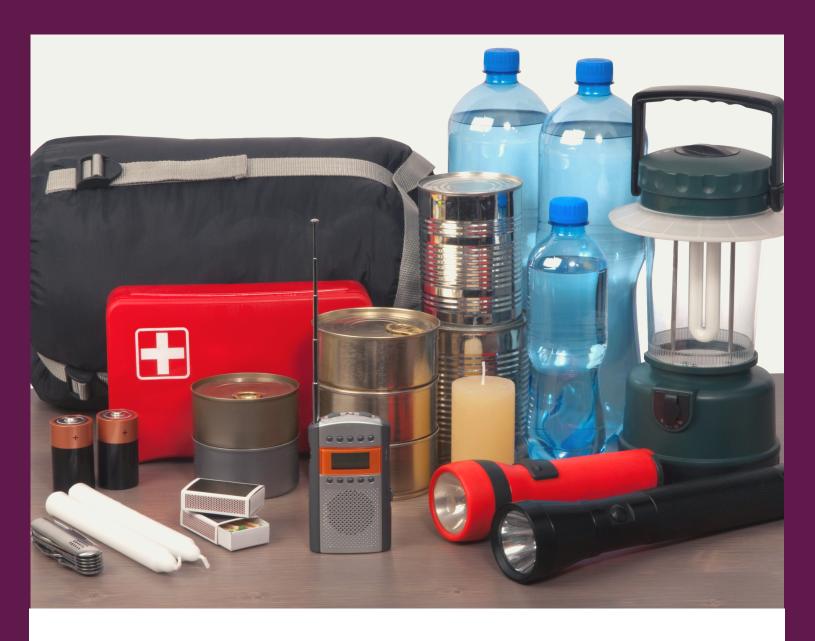
ARE YOU PREPARED?



Hurricane Supply Checklist for Seniors



IT'S TIME TO TAKE ACTION Preparation is key to eliminating anxiety associated with change.

FOR MORE INFO, VISIT WWW.HOMEINSTEAD.COM/NAPLESFL

HURRICANE SUPPLY CHECKLIST

Senior specific items to consider when preparing for a hurricane.

SUPPLIES

- Water (1 gallon per person per day, for three days)
- Flashlight and batteries
- Battery or crank powered NOAA weather radio
- At least two weeks supply of medication, medical supplies used regularly and a list of allergies
- Information about where you receive medication, the name of the drug and dosage
- Medical records and primary care physician contact information
- Extra oxygen tanks with battery back up
- · Extra hearing aid batteries
- Insulin and extra syringes
- Frozen ice packs
- · Wheelchairs, walkers and canes
- List of the style, serial number and manufacturer information of needed medical devices
- Cellphone chargers and battery backups

FIRST AID KIT

- First Aid Manual
- Sterile adhesive bandages
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain relievers
- Anti-diarrhea medicine
- Antacid
- Laxative
- Activated charcoal

DOCUMENTS

- Insurance cards
- Medical records
- Bank numbers
- · Credit card numbers
- Copy of social security card
 Copies of birth and/or marriage
 certificates
- Set of car, house, and office keys. Items should be kept in a water proof container

CLOTHING

- Seasonal clothing
- · Rain gear
- Sturdy shoes/ Boots

PET ITEMS

 If your family has a pet be sure to include pet food, water, proper identification, medical records, a carrier or cage, muzzle and leash, water and food bowls, and medications.

FOOD

- Enough for at least three (3) to seven (7) days, nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary needs.
- Non-electric can opener, paper plates, napkins, plastic cups, utensils



NEED AN EMERGENCY PLAN FOR A SENIOR?

BOOK AN APPOINTMENT WITH ONE OF OUR SENIOR CARE MANAGERS TODAY!
(239) 226-0007