

## Be Prepared for Summer Storms!

It is important to be prepared in the event that you are homebound by storm damage, power outages or another emergency. The following is a list of items we recommend you keep in a plastic bin with a tight fitting lid, a suitcase, or other secure container. Store the container in an easy to access location like a hall closet or kitchen cabinet.

1. A working can opener (should be battery or hand operated in case the power goes out).
2. A working portable radio with fresh batteries (and a package of spares) tuned to a local radio station for information.
3. A working flashlight and extra batteries. It's always a good idea to have a flashlight on each level of your home or in each room you use frequently.
4. An extra set of clothes. Comfortable, light weight shirt & pants or skirt, a pair of socks, sturdy shoes, and a sweater or rain jacket will help keep you warm and dry.
5. A light weight blanket.
6. A list of phone numbers of family members, doctor, pharmacy, power company, heating supplier, apartment manager or landlord if appropriate and any other important numbers you may need quickly.
7. A charged cell phone to make an emergency call (**911**). This cell phone does not need to have service to be used for emergency calls. You may receive a free phone from the Department of Aging. Call 301.600.1605 for more information.
8. If you need assistance with obtaining food, home heating or cooling, or other services, contact the Department of Aging at 301.600.1605.

During severe weather conditions, you should keep a supply of food on hand for emergencies. We recommend the following easy to open and prepare foods that can be eaten without cooking if the power is off. Many of these items come with pull off tops and as individual servings. While somewhat more expensive, they provide variety, convenience, and are easy to use.

- Canned, bottled, or boxes of 100% juice
- Canned or instant soups, stews, and casseroles
- Canned meat and fish (tuna, ham, chicken)
- Canned, powdered or shelf stable cartons of Milk
- Canned fruits and vegetables
- Ready to serve puddings
- Instant or ready to eat cereals
- Dried fruits(raisins, prunes, apricots, apples)
- Peanut butter and jam or jelly
- Crackers, rice cakes or bread sticks
- Granola bars or other snack bars
- Instant coffee, tea, lemonade or other beverage mixes
- Bottled water (You may purchase bottled water, or fill clean containers from the tap. One gallon per person per day is recommended)
- A seven day supply of medications and other health supplies
- If you have a pet, keep a one-week supply of food, water and any pet medications on hand

## EMERGENCY CONTACTS

Call **9-1-1** if you need an ambulance, fire truck or police to respond immediately.

| Name | Relationship                    | Phone Number |
|------|---------------------------------|--------------|
|      | Doctor                          |              |
|      | Pharmacy                        |              |
|      | Electric Company                |              |
|      | Heating Supplier                |              |
|      | Landlord /<br>Apartment Manager |              |
|      | Insurance Company               |              |
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