

# Seniors and Emergency Preparedness

Emergencies can happen at any time, and it is important to be prepared for them when they do. As a London resident, you should know the top hazards in your area, as well as what to do in an emergency.

## Make a Plan

**You should have a plan in place for any type of emergency that occurs, as you may not have access to conveniences or need to evacuate your home without notice. Thinking about how you would react in these situations is the first step to creating an emergency plan.**

### Your plan should have the following:

- Two safe locations for you to go to during an evacuation order. One within your community nearby and one outside of your neighborhood if the emergency affects a larger area.
- Family Communication Plan. During an emergency local telephone and network lines may be down causing you not to be able to contact family. It is good to identify an out-of-town contact who may not be affected by the outage who can share information as needed.
- A list of individuals in your support network who will be able to help you during an emergency when its needed
- Enlist a neighbour or friend to check in with you or grab your emergency kit during an emergency.
- If you have any special needs for evacuation, make sure that this is known.

Make sure you let your family know of your plans when it comes to preparedness. Also ensure your family knows your evacuation plan.

preparation you can't live without



[london.ca/emergency](https://london.ca/emergency)



Make sure you also consider your living situation when looking at evacuation plans. Living in a highrise building calls for a different evacuation plan than a single floor dwelling. Make sure you inform your building manager of any assistance you need if there is an evacuation. Building managers are required to keep a list of individuals who will need assistance when evacuating

## Build an Emergency Kit

**Having an emergency kit is something that everyone should have within their homes, including seniors in our community. An emergency kit should have everything you need to take care of yourself for 72 hours and be in a bag that is easily taken with you during evacuations. Items to have in your kit include:**

- Nonperishable food for 3 days
- Manual Can opener
- Water (4 liters per person per day)
- Medication
- Flashlight
- Radio – Crank or battery
- Extra batteries
- First aid kit
- Important papers- identification, contact list, copies of prescriptions
- Extra car keys and cash
- Whistle to attract attention

### Special items to consider:

- Medical supplies and equipment (hearing aids, walker, cane, breathing device)
- Dentures and supplies
- Prescription eyewear and footwear



Sign up for Alert London to receive notifications for large scale emergencies via email, text, or telephone call. This can include boil water advisories, and tornado warnings.

**Make sure to have your items ready to go in case of evacuation**

**For more tips on emergency preparedness:**

[london.ca/emergency](https://london.ca/emergency)

[ontario.ca/emo](https://ontario.ca/emo)

[GetPrepared.ca](https://GetPrepared.ca)

