



Emergencies Happen, Prepare Yourself!

The Commission on Aging and San Mateo County Health Aging and Adult Services would like to provide you with information and resources to help you as the COVID-19 pandemic ends and San Mateo County re-opens. Emergencies can occur at any time. Being prepared is key to your safety and health.

San Mateo County Health has compiled resources and printable guides that are available to help in preparing for emergencies:

<https://www.smchealth.org/emergency-preparedness>

The Commission on Aging has reviewed and assembled the following lists and links for you:

Items to Assemble and Have on Hand for Any Emergency

- Medications for 1 week
- List of medications and how many to take, when and how often to take them and why you need them; consider using a Sun-Sat pill container
- Pharmacy and Doctor's phone numbers
- Emergency Contacts /Phone Numbers of Family and Friends, Neighbors and Homecare workers, and Insurance agents
- Flashlights and extra batteries
- Radio with extra batteries
- Phone, iPads, laptop computers and passwords and chargers
- Portable flash drive with copies of important documents, medication lists, emergency contacts
- Printed hard copies of documents on the flash drive
- Cash/Credit Cards/ATM cards and passwords (recommend \$100 cash in small amounts)
- Important document copies
 - Medical Insurance cards,
 - Social Security card
 - Driver's License/CA ID
 - Covid vaccination card



- Pets/Service Animals Supplies
 - Carriers/food and water/ bowls/pet's meds if needed/leashes/Picture of pet and/or service animal/service animals ID's/can opener (consider a small pack for pet's/service animals' items)
- Extra Warm Clothes: jackets/sweatshirts/raincoat/ heavy gloves/extra set of clothes/sturdy shoes and socks/underwear
- Toiletries (soap, toothbrush, toothpaste, and a roll of toilet paper) in a large double bag
- Blanket
- Personal Medical Supplies for one week (+ incontinence supplies and Oxygen tanks if needed)
- Whistle for calling for help
- Set of spare keys for your house and car
- Glasses (+Extra pair of glasses)
- Hearing aids and batteries
- Magnifiers,
- Canes, walkers, scooters, and other durable medical equipment, and chargers
- Book, magazine, puzzle, and a few family photos
- Masks (2 if available), hand sanitizer and moist towelettes
- Basic First Aid Kit add any supplies you need for everyday bandaging or rubbing on your body
- A few snacks for yourself (breakfast/snack bars etc.) and a few small bottles of water
- Bottled water for use if water is not working at home
- Rolling suitcase to pack all items and "ready to go"

Being Prepared to "Shelter in Place"

- **SMC Alert** sign up on your phone (www.smcalert.info or 650 599 1299) for County Emergency Alert information
- **MyShake App** <https://earthquake.ca.gov/>



Download the App to receive earthquake alerts on your cell phone as well as information on how to prepare, survive, and recover from earthquakes.

○ **Emergency Broadband Benefit**

Check site to see if you can be eligible to receive affordable internet service

- Install and regularly check smoke alarms in all bedrooms and hallways to bedrooms (have extra batteries on hand)
- Install and regularly check carbon monoxide alarms on every level of the home (have extra batteries on hand)
- Fire Extinguisher / make sure they are filled and know how to use
- Ensure large furniture is not blocking access to get out of house (move or attach to wall)
- Eliminate and replace frayed electric cords and overloaded circuits
- Eliminate trip hazards such as loose cords and throw rugs
- Know where your gas and water main turn offs are located and have the right tools to turn them off
- Know where your electric panel is located.
- Have emergency phone numbers for water, electric and gas providers.
- Food and water (enough for a week with little or no cooking needed).
- Non-perishable Food, Water, Juices, Crackers/Bread, Snacks, manual can openers etc. and pet food, and treats for both you and your pets
- Other useful items: trash bags/ties, paper towels, small tools, plastic sheeting, duct tape
- If you have a car, recommend that you keep your gas tank at least ½ full, in case you need to evacuate
- Sources: PG&E emergency supplies lists, OES (Ready Set Go), AOA.gov (2006 aging in stride.org)

Best wishes for your safety and preparedness,

**The San Mateo County Commission on Aging and San Mateo County Health
Aging and Adult Services**

<https://www.smchealth.org/general-information/commission-aging>