

# ESP FOCUS



## FOCUS ON SENIORS



### WHY

#### Seniors are at risk too!

Earthquakes play no favorites when it comes to causing deaths and injuries. They don't take into account demographics such as ethnicity, religion, and age.

Seniors, particularly those living alone, can be especially vulnerable during major and moderate earthquakes. They are also at risk for lifestyle disruptions such as damaged homes and lost valuables.

Individual, family, and neighborhood earthquake plans can increase our chances of surviving an earthquake and reduce the potential impacts of earthquakes on property.

Develop an earthquake plan that includes provisions for seniors such as an out-of-town contact and a neighbor designated to check on their conditions.

Include in your plan the recommendations outlined on the reverse side of this Focus Sheet.

Courtesy of  
County of Los Angeles - Office of Emergency Management

# JUNE

## GENERAL PREPAREDNESS

Seniors can take several basic steps to prepare for an earthquake.

- Develop your earthquake plan and include an out-of-town contact or someone to check on you.
- Conduct a home hazard hunt to identify "safe" spots and "danger" spots. "Safe" spots include:
  - Sturdy desks
  - Tables
  - Interior walls
- "Danger" spots include areas near:
  - Unsecured furniture
  - Untreated glass
  - Hanging objects
  - Heavy objects on high shelves
  - Other objects that could fall
- Eliminate or secure such hazards.
- Purchase or assemble an earthquake kit that includes:
  - Battery-operated radio
  - Flashlight
  - Water
  - Food
  - First aid kit
- Practice earthquake-safety actions such as the "Duck, Cover, and Hold" drill, evacuations, etc.
- Revise plans as needed.

Contact your local Office of Emergency Services for detailed information on these earthquake safety actions.

## SPECIAL CONSIDERATIONS

Take the following actions, as appropriate, to increase your safety in an earthquake.

- If you use prescription medications, keep at least a one-week supply with your

emergency kit. You also may want to keep a list of your prescriptions with your kit.

- Secure life-support equipment such as oxygen to prevent such objects from falling over and injuring you.
- Keep wheelchairs, walkers, crutches, canes, and other mechanical walking aids nearby at all times. If possible, place extra ones in different locations throughout your home.
- Place a security light in each room. These lights come on automatically if there's a loss of electricity and will continue to operate for four to six hours.
- Keep a whistle handy to signal for help in an emergency.
- Store extra batteries for flashlights, radios, and other battery-operated equipment. Replace them annually.
- Buy an emergency generator if your life-support equipment requires electricity.
- Install a smoke detector and fire alarm system. Select a system that uses flashing strobe lights to attract your attention if you have trouble hearing. Replace batteries annually if your smoke detector operates on batteries.
- If you use a hearing aid, keep an extra supply of batteries with your emergency supplies. Be sure to replace them annually.
- If you wear glasses, keep an extra pair with your emergency supplies.

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*Sources for this document included the OES hand-out "Planning Guide for Seniors"*

This action sheet is produced as part of the Earthquake Survival Program (ESP). ESP is an awareness campaign designed to increase earthquake preparedness at home and work. It was developed by the County of Los Angeles. The Governor's Office of Emergency Services (OES) and representatives from Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, and Ventura counties assist in development of campaign materials and in coordination of the campaign.