

Date Checked	Date Checked	<i>Emergency Kit Supplies</i>
		<i>Battery or crank operated radio</i>
		<i>Working flashlight with extra working batteries</i>
		<i>Test smoke &amp; carbon monoxide detectors, change batteries</i>
		<i>Signaling device (i.e. whistle, beeper, bell) to reach the attention of others</i>
		<i>Food for at least 3 days--easy to prepare packages or cans</i>
		<i>Water—one gallon per person per day for at least 3 days</i>
		<i>Food and water for your service and companion animals or pets</i>
		<i>Non-electric can opener that you are able to use</i>
		<i>Extra blankets or sleeping bags (for winter emergencies)</i>
		<i>First Aid kit with Band-Aids, bandages, hand sanitizer, insect repellent, topical ointments, flu and cold remedies, and vitamins to boost general health</i>
		<i>Medications &amp; Medication List updated</i>
		<i>Emergency Contact Numbers (inside of this pamphlet)</i>
		<i>ABC-type fire extinguisher</i>

## AFTER THE DISASTER

The emotions following a disaster can be devastating. It is crucial for the safety of your family to remain calm, listen for and then follow official instructions.

- ◆ Follow plan for the specific disaster or emergency and treat injuries
- ◆ Listen to news reports for information and instruction
- ◆ Assess condition of the house using a flashlight, NOT an open flame
- ◆ Do not enter an unsafe structure
- ◆ Smell for gas leaks, starting at the water heater
- ◆ Shut off any damaged utilities
- ◆ Clean up any hazardous or flammable spills
- ◆ Notify local and out-of-town contacts if possible, then only use the phone to report life-threatening emergencies



## EMERGENCY PREPAREDNESS

Name \_\_\_\_\_

Address \_\_\_\_\_

### Ross County

Are you prepared for any type of emergency? Will you remain safe or do you have someone to assist you? Please take the time to plan NOW and be prepared when the emergency arrives.

#### Evacuation Plan

Where will you go? \_\_\_\_\_

How will you get there? \_\_\_\_\_

Emergency number list (see next page)

What will you take? (clothes, medications, current medication list, equipment)

What will you do about your pets? \_\_\_\_\_

Notify your Case Manager \_\_\_\_\_

#### Shelter in Place (For Gas or Chemical spills)

Where in your home will you stay until it is safe? \_\_\_\_\_

Shut windows/doors, turn off fans, heating/AC

Place towels at door thresholds and window sills

Listen to radio/TV (station) \_\_\_\_\_

Area Agency on Aging District 7

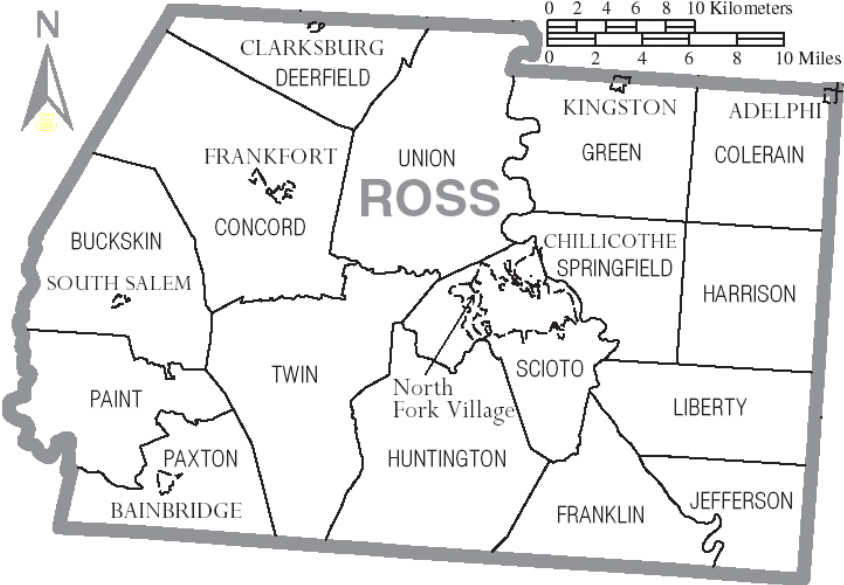
Serving Ten Counties in Southern Ohio. Services provided on a non-discriminatory basis.

# ROSS COUNTY EMERGENCY NUMBERS

CONTACT PERSON \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 CARE MANAGER \_\_\_\_\_ NUMBER: 800-582-7277 EXT \_\_\_\_  
 ROSS EMA \_\_\_\_\_ NUMBER: 740-773-1700  
 FAMILY DOCTOR \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 PHARMACY \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 HOME MEDICAL EQUIP \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 PREFERRED HOSPITAL \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 FIRE DEPARTMENT \_\_\_\_\_ 911  
 ROSS COUNTY SHERIFF \_\_\_\_\_ NUMBER: 740-773-1186  
 LOCAL POLICE: CHILLICOTHE \_\_\_\_\_ NUMBER: 740-773-1186  
 RED CROSS \_\_\_\_\_ NUMBER: 740-772-2014  
 ROSS CO HUMANE SOCIETY \_\_\_\_\_ NUMBER: 740-775-6808  
 ELECTRIC COMPANY \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 GAS COMPANY \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 WATER COMPANY \_\_\_\_\_ NUMBER: \_\_\_\_\_  
 PHONE COMPANY \_\_\_\_\_ NUMBER: \_\_\_\_\_

LOCAL HOSPITALS:  
 ADENA MEDICAL CENTER 740-779-7500  
 CHILLICOTHE VA 740-773-1141

NURSING AND REHABILITATION FACILITIES:  
 HEARTLAND OF CHILLICOTHE 740-773-5000  
 MAPLE VIEW MANOR 740-634-3301  
 NATIONAL CHURCH RESIDENCES 740-773-8107  
 SIGNATURE HEALTHCARE & REHAB 740-772-5900  
 VALLEY VIEW ALZHEIMERS CARE 740-998-2948  
 THE VINEYARDS 740-998-4777  
 WESTMORELAND PLACE 740-773-6470



I live in \_\_\_\_\_ township.

### ADDITIONAL NUMBERS, if needed

\_\_\_\_\_ NUMBER: \_\_\_\_\_  
 \_\_\_\_\_ NUMBER: \_\_\_\_\_