

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 & 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 & 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



Assistance. Advocacy. Answers on Aging.

1-800-582-7277

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

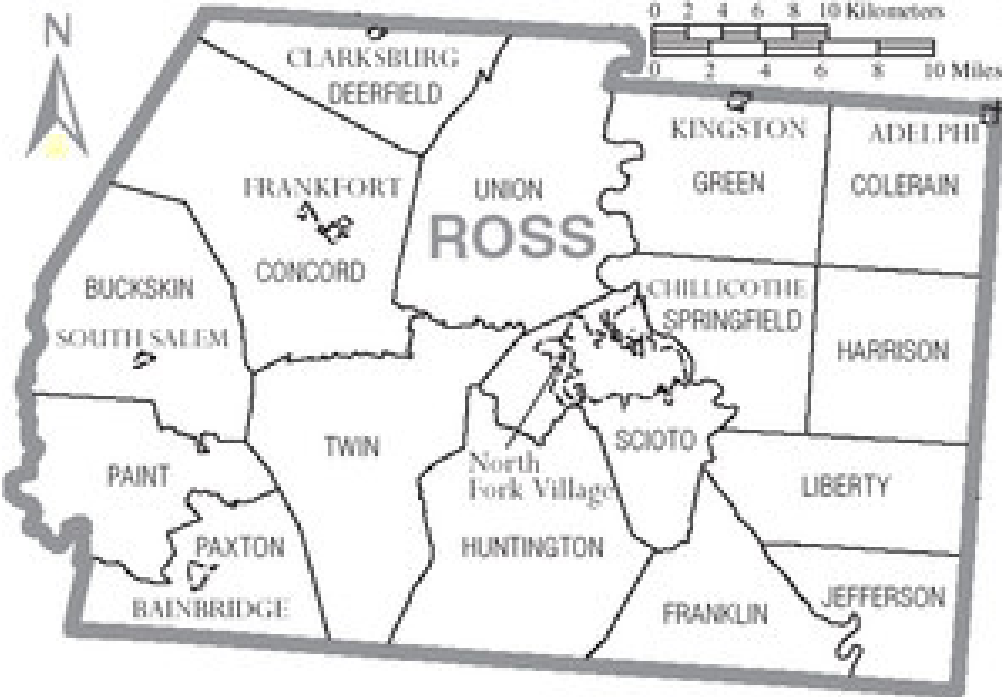
CONTACT PERSON: _____ **NUMBER:** _____
CARE MANAGER: _____ **NUMBER: 800-582-7277 EXT** _____
ROSS CO EMA **NUMBER: 740-773-1700**
FAMILY DOCTOR: _____ **NUMBER:** _____
PHARMACY _____ **NUMBER:** _____
HOME MEDICAL EQUIP _____ **NUMBER:** _____
PREFERRED HOSPITAL _____ **NUMBER:** _____
FIRE DEPARTMENT: **911**
ROSS COUNTY SHERIFF: **NUMBER: 740-773-1186**
LOCAL POLICE: CHILLICOTHE **NUMBER: 740-773-1186**
RED CROSS: **NUMBER: 740-772-2014**
LOCAL SHELTER _____ **NUMBER:** _____
ROSS CO HUMANE SOCIETY **NUMBER: 740-772-5929**
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:

CHILLICOTHE HEALTHCARE & REHAB **740-772-5900**
MAPLE VIEW MANOR **740-634-3301**
NATIONAL CHURCH RESIDENCES **740-773-8107**
VALLEY VIEW ALZHEIMERS CARE **740-998-2948**
THE VINEYARDS **740-998-4777**
WESTMORELAND PLACE **740-773-6470**



I live in _____ township.

ADDITIONAL NUMBERS

_____ **NUMBER:** _____
 _____ **NUMBER:** _____