Help Your Parents Prepare for Emergencies

Small steps. Practical preparation. Keep this page where you can find it.

MAKE YOUR PLAN & RECORDS

- ☐ Agree on what to do if they must leave fast; pick a safe place and write the route.
- ☐ Choose one out-of-town contact everyone can call or text; practice reaching them.
- ☐ Confirm how your parents will get emergency alerts and warnings.
- ☐ List all medicines, doses, and prescribing doctors; keep it with the written plan.

GATHER SUPPLIES & STAY SAFE

- ☐ Build a 3-day kit: water, non-spoiling food, flashlight, first aid, warm blankets.
- ☐ Plan to stay warm in outages: layer clothes, close off one room to hold heat.
- ☐ Arrange a backup plan for any medical device that needs power.
- ☐ Keep phones charged so parents can reach you quickly.

SAFETY NOTE Never run a generator indoors or in a garage. Keep it outdoors, more than 20 feet from windows, doors and vents. Store fuel in approved containers and let the engine cool before refueling.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/help-parents-prepare-emergencies/

Safety reference: https://www.fema.gov/fact-sheet/seniors-prepare-now-emergency