



**A Natural Disasters
Safety and Readiness Guide
for Seniors in Hawaii**

**TO BE SAFE IS
TO BE PREPARED**

State of Hawaii
Hawaii Department of Health



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Contributors

Please complete these forms prior to a disaster.

Your Name: _____

Home Phone: _____ Cell phone: _____

Address: _____

Language(s) Spoken _____

Medical Insurance Card # _____

Medicare Card # _____

Medical Information:

Allergies: _____

Medical Conditions and Physical Limitations: _____

Medications and Dosages: _____

INFORMATION TO KEEP UPDATED

Primary Physician: _____

Phone Number: _____

Address: _____

Alternate Physician: _____

Phone Number: _____

Address: _____

Dentist: _____

Phone Number: _____

Address: _____

Optometrist: _____

Phone Number: _____

Address: _____

Primary Emergency Contact: _____

Phone Number: _____

Address: _____

Relationship: _____

Secondary Emergency Contact: _____

Phone Number: _____

Address: _____

Relationship: _____

Start a Support System

It is important to identify close relatives, friends and/or neighbors that live in or near the building where you live who can assist you quickly in the event of a disaster. If you live in a multi-story dwelling, work with your property manager or condo board on how to address disasters. List your support network here so you will have the information readily available.

Name: _____

Phone Number(s): _____

Relationship: _____

Name: _____

Phone Number(s): _____

Relationship: _____

Name: _____

Phone Number(s): _____

Relationship: _____

Name: _____

Phone Number(s): _____

Relationship: _____

Name: _____

Phone Number(s): _____

Relationship: _____

Hawaii Community Agencies

(List of helpful community agencies in the event of a disaster)

Emergency, Police, Fire, Ambulance	911
Oahu Civil Defense.....	523-4121
Recorded Information	527-5372
State Civil Defense.....	733-4300
HECO Service Center/Dispatch Office.....	548-7961
Board of Water Supply Troubleline.....	27-5207
After Hours.....	527-5200
GTE Hawaiian Tel Repair Service.....	611
American Red Cross	734-2101
The Gas Company Customer and Emergency Service.....	526-0066

MAUI, MOLOKAI, LANAI:

Emergency, Police, Fire, Ambulance	911
Maui Civil Defense	243-7285
After Hours.....	244-6400
State Civil Defense (Oahu)	733-4300
MECO Trouble Service Center/Dispatch Office.....	871-7777
Molokai.....	553-3234
Lanai.....	565-6445
Board of Water Supply Troubleline.....	243-7633
GTE Hawaiian Tel Repair Service	611
American Red Cross	
Maui	244-0051
Molokai, Lanai.....	1-800-853-9997
Hawaii State Chapter	1-800-853-9991
The Gas Company Customer and Emergency Service	
Maui	877-6557
Molokai, Lanai	1-800-828-9359

HAWAII (BIG ISLAND):

Emergency, Police, Fire, Ambulance 911
Hawaii (Big Island) Civil Defense935-0031
 After Hours.....935-3311
State Civil Defense (Oahu).....733-4300
HELCO Trouble Service Center/Dispatch Office969-6666
Board of Water Supply Troubleline.....961-3723
GTE Hawaiian Tel Repair Service 611
American Red Cross
 Hilo935-8305
 Kona326-9488
 Hawaii State Chapter1-800-853-9991
The Gas Company Customer and Emergency Service.....935-0021

KAUAI:

Emergency, Police, Fire, Ambulance 911
Kauai Civil Defense241-6336
 After Hours241-6711
Kauai Electric.....246-4300
 For Emergencies246-8200
State Civil Defense (Oahu)733-4300
Board of Water Supply Troubleline.....245-5444
 After Hours.....241-6711
GTE Hawaiian Tel Repair Service..... 611
American Red Cross245-4919
 Hawaii State Chapter.....1-800-853-9991
The Gas Company Customer and Emergency Service.....245-3301

Important Documents

It is important to periodically review/update/organize your documents. This helps you to be better prepared in case of an emergency or disaster. Be sure to make photocopies of your important documents and leave the originals in a bank safe, home safe that is secured to the floor or the wall, or with close relatives. Photocopies of the documents should be placed into a Ziploc bag or other waterproof container to protect them from water and dirt, and should be brought with you in the event of an evacuation.

Important documents may include:

- State Identification card or Driver's License
(to be carried with you at all times)



- Credit / Debit card numbers



- Bank account information

Date	Description	Debit	Credit	Balance
01/01/2024	Opening Balance		1,000.00	1,000.00
01/05/2024	ATM Withdrawal	50.00		950.00
01/10/2024	Direct Deposit		500.00	1,450.00
01/15/2024	Online Bill Payment	25.00		1,425.00
01/20/2024	ATM Withdrawal	75.00		1,350.00
01/25/2024	Direct Deposit		500.00	1,850.00
01/30/2024	ATM Withdrawal	100.00		1,750.00
02/01/2024	Ending Balance			1,750.00

- Medical insurance; Medicare; Medicaid cards



- Last Will and Testament; Advance Directive



- Title/Deeds to property/home

VALUABLES

Also be sure that valuables are stored away in a safe deposit box or kept with trusted individuals. Sentimental items should also be brought with you to the shelter in a water-proof carrier.



Preparing Your “Shelter”

To “shelter in place” is to remain wherever you are during a disaster. If you are sheltering in place, here are some safety tips for preparing your home in the event of a disaster.

1. Shut all doors and windows. In the event of a hurricane, all glass windows should be taped to minimize the possibility of glass shattering.
2. Clear the clutter from hallways and exit paths.
3. Move heavy furniture or wall hangings away from beds, couches, and places where people sit or sleep.
4. Store all flammable objects away from the stove and electrical appliances.
5. Move fragile items away from the edges of tables and shelves.
6. Move electrical devices, such as hair-dryers, shavers, and electric toothbrushes, away from water sources, such as showers and sinks.
7. Close all vents to keep inside air in, and outside air out.
8. Turn off all motors and fans. Non-moving air is best. Turn off anything that creates wind, generates extra heat, or could generate sparks.
9. If possible, choose a room with bathroom facilities and water available. Bring emergency supplies into this room in preparation for sheltering in place for several hours.
10. Listen to the radio and/or TV for public announcements.
11. Remain sheltered until an “all-clear” message is given.

IF YOU ARE STAYING HOME

For Your Safety

A. HOW TO SHUT OFF THE GAS

It may be necessary to shut off your gas in the event of a disaster. Signs that there may be a gas leak include:

1. A hissing noise, like the sound of air leaking out of a balloon.
2. Blowing dirt, or flames or smoke coming from the ground.
3. The odor of gas, which is sometimes described as a rotten egg smell.

To shut off the gas, turn this handle to the left:



Only the Gas Company can turn gas back on safely, so please do not attempt to turn the gas back on yourself.

B. HOW TO SHUT OFF THE WATER

Water meters are usually located in a box outside the home, near where the front yard borders the street.

To shut off the water, rotate the metal bar clockwise, so it is at a right angle to the water meter.



C. HOW TO SHUT OFF THE ELECTRICITY

The electric meter box is the location of your main breaker. This box is usually on the outside of the home, but is sometimes located elsewhere on the property.

Open the metal cover of the electric meter box to find the main breaker, and turn the switch to the "Off" position.



Challenges of Preparing Food...

1. In a disaster situation, the electricity typically goes out, and the refrigerator, freezer, and electric oven will not work. A gas oven, however, should still work, although matches may be necessary (and should be kept in a waterproof container) to replace the electronic ignition.
 2. Food that is in the refrigerator, such as milk, sour cream and yogurt should be eaten first since it will spoil most quickly.
 3. Food that is in the freezer, such as frozen meats that can be grilled, should be eaten next. Food in a side-by-side refrigerator/freezer will stay frozen for approximately 12 hours, while food in a top or bottom-mount freezer will stay frozen up to 24 hours. Items in a separate freezer may remain frozen for 48–72 hours
 4. A grill may be used to cook food, but should never be used inside the home – only outside the home.
 5. Canned goods and dried food are non-perishables but should be stored in a cool, dry place, with a note about the purchase date of the product. These foods should be eaten last, after the perishable foods have either spoiled or been eaten. Canned goods should be eaten within 2 hours of opening.
 6. Low-sodium food is a good investment, as salt will make you thirsty. Salt, however, is important in the daily diet.
 7. Most fruits and vegetables hold their quality at room temperature for several days.
 8. Water is extremely important and can be used not only for drinking, but also for rehydrating dried foods, cooking, brushing teeth, and for sanitation. At least a gallon of water per day per person (and pet) in a household is necessary.
 9. Paper plates, cups, napkins, and plastic utensils are useful in an emergency, as they can simply be discarded, rather than using water to wash them.
 10. Before Hurricane Katrina, experts recommended at least 3 days worth of meals be kept on hand. However, in the wake of Hurricane Katrina, 5–7 days of meals are recommended.
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Possible Food Items for your Disaster-Resilient Kitchen

These items are basic suggestions to help you start a list of non-perishables that will better meet you and/or your family's needs. Be sure to write the purchase dates on these items and replace them from time to time with newer items prior to the expiration dates. Whenever possible, always select **low salt, low sugar options**.

CANNED GOODS

Food precautions: Canned food should be eaten within two hours of opening. Smaller cans are therefore more appropriate for single and smaller families.

Sample List:

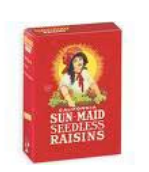
- spam
- tuna
- vienna sausage
- luncheon meat
- pumpkin
- chili
- beans
- pork and beans
- canned vegetables
- canned fruits
- olives
- chicken/beef broths, soups



DRIED FOODS

Sample List:

- fruits
- meats (jerkey)
- seaweed (nori)
- seafood



MISCELLANEOUS

Sample List:

- nuts
- peanut butter
- jam/jelly
- crackers
- cookies
- pasta, bottled pasta sauce
- parmesan cheese
- instant coffee
- tea bags
- juice boxes
- milk boxes
- chocolates
- chips
- salsa



Preparing for Hawaii Emergency Shelters

In some cases, it will be necessary to evacuate your home and go to an emergency shelter. It is important to be aware of your needs and the services available to you beforehand.

Check with the Hawaii State Civil Defense on:

1. Where is the nearest shelter?
2. If you have special medical needs, inquire where the nearest special needs shelter is and make arrangements ahead of time.
3. How will you get from your home to the shelter? If the elevator does not work, how will you get down the stairs? If you know you will require assistance getting down the stairs or to a shelter, it is important to contact those who will be helping you **before** a disaster occurs.

Not all shelters may be open in an emergency. During an emergency, contact State Civil Defense to learn which shelters are open, whether they are special needs shelters, and if they accept pets, if applicable.

What to Bring to a Shelter?

In the event of a disaster, it may become necessary to evacuate your home and move to a nearby shelter. Keeping an evacuation kit that can be quickly grabbed will help you to be prepared in the event of an emergency. You may want to keep a similar kit in your car or at the workplace. A backpack with wheels or a small wheeled suitcase is ideal for carrying your personal items expediently out the door. While the needed supplies may differ for each individual, there are some items that are essential for most populations. If you live in a multi-story dwelling, work with your property manager or condo board to determine your needs.

1. **Water:** We suggest several small bottles rather than one large bottle to use for drinking, cooking and brushing teeth. The liquids from canned vegetables can be used also for cooking.
2. **Food:** Choose non-perishable or dry items that do not need to be cooked, and that are appetizing to the person who will

IF YOU ARE GOING TO A SHELTER

be eating them. Bring a can opener if you are bringing canned goods. See pp. xx for more information.

- 3. Cell phones:** This will allow family and friends to contact you and/or you to contact them.
 - 4. Flashlight and whistle:** These are useful during emergencies if you are in need of assistance.
 - 5. Pillow and blanket**
 - 6. First-aid kit:** Include various sizes of band-aids, antibiotic ointment, and sterile alcohol swabs.
 - 7. Copies of important documents** (please refer to page xx)
 - 8. Medications / eyeglasses / hearing aids / other health-related essentials:** It is recommended that individuals keep at least a week's supply of medication at any time. At your next visit to the doctor, ask which medications/supplements are essential to bring to a shelter. Store an emergency supply of medications/ supplements in the evacuation kit, with a written dosage schedule included. Include a pair of eyeglasses, hearing aids (and batteries), dentures, and eye drops, as needed. If you regularly use glucometers, BP monitors, and/or other portable medical monitoring equipment, take them to the shelter. Store canes, walkers or wheelchairs in places where they can be easily and quickly accessed.
 - 9. AM/FM radio** (with extra batteries): Small, battery-powered portable radios are recommended.
 - 10. Clothes:** Pack several light layers rather than bulky garments. Include a poncho or rain jacket in order to keep dry. It may be important to include slippers and socks as well. At least two full sets of clothing should be packed, along with diapers and/or incontinence briefs, if possible.
 - 11. Paper goods and other disposables:** Shelters may not have enough of these items for everyone and with a water shortage, disposable products will be essential. Suggested items include plastic utensils/cups, paper napkins/towels/plates/bowls, toilet paper, tissue paper, anti-viral wipes, and antibacterial soap. These should be stored in a Ziploc bag or waterproof container to protect them from dirt and moisture.
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- 12. Garbage bags / plastic bags and duct tape:** These can be used as emergency rain gear, for toilet and sanitation in the event of plumbing problems, to carry valuables or water, or as privacy screens.
- 13. Personal hygiene:** Small travel size bag of personal hygiene items such as toothpaste, mouthwash, toothbrush, floss, denture cleanser, if applicable, hair brush, nail clipper, soap, and anti-mosquito sprays.
- 14. Pens/pencils and stationery.**
- 15. Cash:** ATMs and credit card machines may not work during a disaster. Having some cash will be helpful in case of an emergency. These funds can be used to purchase basic necessities such as water and food. You may want to keep cash available in a safe place for emergencies.

PETS

Pets are important members of the family and during a disaster, we want to be assured they will be safe. If you are the owner of a pet or service animal, there are several issues to think about:

1. Whether you will be sheltering in place or evacuating, pets need adequate pet food, water, blankets and medication, if applicable. Extra supplies of these items should be kept in the house, and in an evacuation kit.
 2. If you are expecting to evacuate with your pet, make sure you have identified where the nearest pet-friendly shelter is prior to a disaster. Because many public shelters may not accept pets and those that accept pets may not always be open in an emergency, you will need to make arrangements beforehand for where your pet can stay during a disaster, and how they will be transported there.
 3. If you must leave your pet behind, be sure to put signs on the house indicating the number and type of pets inside and their probable locations. This will assist rescuers in identifying homes with pets in them that may need assistance. Leave pets inside (not outside) with food and water.
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List of Hawaii Emergency Shelters, and Special Needs Emergency Shelters





Sources

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2. Homeland Security. Ready. "Preparing Makes Sense for Older Americans. Get Ready Now." <http://www.ready.gov>.
3. Amelia Forrest Kaye. Kauai Economic Opportunity, Inc., Congressional Hunger Center. "You Can! A Safety and Readiness Guide for Kauai Seniors." 2007.
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5. Linda Larsen. About.com. "Disaster Meals: Food for Emergency Situations." <http://busycooks.about.com/od/nocookrecipes/a/disastermeals.htm>
6. Hawaiian Electric Company, Maui Electric Company, Hawaii Electric Light Company. "Information Handbook for Emergency Preparedness. "



This document was prepared by:

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