

SENIOR CITIZEN PREPAREDNESS

Our Health Department would like to suggest that the Senior Citizens of our community consider the following items when preparing for the Hurricane in addition to other suggested courses of action, particularly if you have to be relocated for any period of time::

- Residents should pack a **“To-Go” bag** in case of evacuation with at least 5 days of prescription medications, eyeglasses and dentures. Also, a list of any health issues and medications that they are currently taking.
- Anyone using insulin should have a refrigerated bag ready with syringes.
- Anyone using oxygen should check to ensure that the tank is full. Battery back-up should also be checked.
- Keep your cell phone fully charged in case you need to call for assistance.