



# HOUSING & COMMUNITY SERVICES DEPARTMENT OFFICE ON AGING

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## Prepare Yourself for National Public Health Week Free Emergency Preparedness Information Available By: Erin Ulibarri, MPH

Do you have an emergency kit ready?

When was the last time you went through your emergency kit?

Have you prepared a personal evacuation plan?

The subject of emergency preparation has often been in the media and a high priority for many government agencies over the last few years. A disaster can occur at any time and everyone should be ready at a moment's notice, especially when an earthquake hits or a wildfire threatens your home here in Orange County. Older adults are especially vulnerable in an emergency because of mobility and medical issues and often require special planning because of specific needs. Being prepared can make a disaster situation more manageable for everyone.

National Public Health Week is April 2-8 and the theme this year is "Preparedness and Public Health Threats: Addressing the Unique Needs of the Nation's Vulnerable Populations". This can be a time to make sure your disaster plans are in order and your supplies (food, water, first aid items, flashlights, etc) are sufficient and have not expired.

Here are four steps to remember:

1. Get informed
2. Make a plan
3. Assemble a Disaster Supplies Kit
4. Maintain your plan

The County of Orange Office on Aging has **free** materials available that will help with your emergency preparation, such as how to create a disaster plan, what should be in an emergency kit, and a checklist of important steps. Call **1-800-510-2020** or **1-714-567-7500** and the friendly and knowledgeable Information Specialists will send you these materials. They also have information and referrals for transportation, housing, in-home services, meals, legal assistance, elder abuse, caregiving assistance, health and health insurance and much more.



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Information & Assistance: (800) 510-2020 or (714) 567-7500 • Email: [officeonaging@ocgov.com](mailto:officeonaging@ocgov.com) • [www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)