

A Natural Disasters Safety and Readiness Guide for Seniors in Hawaii



BE SAFE BE PREPARED

State of Hawaii
Hawaii Department of Health
Community Health Division



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Acknowledgements and Contributors

PROJECT LEAD

Community Health Division
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Hawaii State Civil Defense

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State of Hawaii Department of Health:

- Environmental Planning Office
- Dental Health Division
- Executive Office on Aging
- Behavioral Risk Factor Surveillance System

State of Hawaii Department of Business, Economic Development, and Tourism

American Red Cross – Hawaii Chapter

INFORMATION TO KEEP UPDATED

Please complete these forms prior to a disaster and post them in a visible area (e.g. refrigerator door). Review the information every year to make sure it is still correct.

Date Forms Completed: _____

Your Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Street Address: _____ Apt. Number: _____

City: _____ State: _____ Zip Code: _____

Primary Language I Speak: _____

Other Language(s) Spoken: _____

Medical Insurance Company: _____

Medical Insurance Card #: _____

Medicare Card #: _____

Medical Information:

Allergies: 1. _____ 4. _____

2. _____ 5. _____

3. _____ 6. _____

Medical conditions and physical limitations:

1. _____

2. _____

3. _____

4. _____

5. _____

Medications and Dosages:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Primary Doctor: _____

Phone Number: _____

Address: _____

Alternate Doctor: _____

Phone Number: _____

Address: _____

Dentist: _____

Phone Number: _____

Address: _____

Optometrist/Ophthalmologist: _____

Phone Number: _____

Address: _____

Primary Emergency Contact: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Address: _____

Relationship: _____

Secondary Emergency Contact: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Address: _____

Relationship: _____

Start a Support System

It is important to identify close relatives, out-of-state 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. You may also want to designate one or two people who will inform others about your situation following a disaster. Make copies of your information sheets for them.

Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Relationship: _____

Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Relationship: _____

Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Relationship: _____

Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Relationship: _____

Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Relationship: _____

Additional Considerations:

- Exchange important key(s).
- Share where emergency supplies are kept.
- Keep your support system informed of scheduled leaves.
- Learn about each other's needs and how to help each other in an emergency.

Hawaii Community Agencies

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

OAHU:

Emergency, Police, Fire, Ambulance	911
Department of Emergency Management	723-8960
State Civil Defense.....	733-4300
HECO Service Center/Dispatch Office.....	548-7961
Board of Water Supply Troubleline.....	748-5010
GTE Hawaiian Tel Repair Service.....	611
American Red Cross	734-2101
The Gas Company Customer and Emergency Service.....	526-0066
Human Services Hotline (AUW).....	211

MAUI, MOLOKAI, LANAI:

Emergency, Police, Fire, Ambulance	911
Maui Civil Defense	270-7285
After Hours	244-6400
State Civil Defense (Oahu)	1-808-733-4300
MECO Trouble Service Center/Dispatch Office	871-7777
Molokai & Lanai.....	871-8461
Board of Water Supply Troubleline.....	270-7633
GTE Hawaiian Tel Repair Service	611
American Red Cross	
Maui	244-0051
Molokai, Lanai	1-800-853-99971
The Gas Company Customer and Emergency Service	
Maui.....	877-6557
Molokai, Lanai	1-800-828-9359
Human Services Hotline (AUW).....	211

HAWAII (BIG ISLAND):

Emergency, Police, Fire, Ambulance 911

Hawaii (Big Island) Civil Defense 935-0031

State Civil Defense (Oahu)..... 1-808-733-4300

HELCO Trouble Service Center/Dispatch Office..... 969-6666

Board of Water Supply Troubleline..... 961-8790

GTE Hawaiian Tel Repair Service.....611

American Red Cross

 Hilo 935-8305

 Kona 326-9488

The Gas Company Customer and Emergency Service

 Hilo..... 935-0021

 Kona..... 329-2984

Human Services Hotline (AUW).....211

KAUAI:

Emergency, Police, Fire, Ambulance 911

Kauai Civil Defense 241-1800

Kauai Electric..... 246-4300

 For Emergencies..... 246-8200

State Civil Defense (Oahu) 1-808-733-4300

Board of Water Supply Troubleline..... 245-5444

 After Hours 241-1711

GTE Hawaiian Tel Repair Service.....611

American Red Cross 245-4919

The Gas Company Customer and Emergency Service..... 245-3301

Human Services Hotline (AUW).....211

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 number(s)



- Bank account information (It may be worthwhile to set up automatic deposit of any checks and payments you receive. Post-disaster postal service may have difficulty getting paper checks to you if roads have not been cleared or are not safe. The U.S. Department of Treasury recommends direct deposit (<http://www.godirect.org>) into checking accounts or the Direct Express Debit Master Card.)

Date	Description	Debit	Credit	Balance
01/01/2008	OPENING DEPOSIT		1,000.00	1,000.00
01/02/2008	DEPOSIT		100.00	1,100.00
01/03/2008	DEPOSIT		200.00	1,300.00
01/04/2008	DEPOSIT		100.00	1,400.00
01/05/2008	DEPOSIT		100.00	1,500.00
01/06/2008	DEPOSIT		100.00	1,600.00
01/07/2008	DEPOSIT		100.00	1,700.00
01/08/2008	DEPOSIT		100.00	1,800.00
01/09/2008	DEPOSIT		100.00	1,900.00
01/10/2008	DEPOSIT		100.00	2,000.00
01/11/2008	DEPOSIT		100.00	2,100.00
01/12/2008	DEPOSIT		100.00	2,200.00
01/13/2008	DEPOSIT		100.00	2,300.00
01/14/2008	DEPOSIT		100.00	2,400.00
01/15/2008	DEPOSIT		100.00	2,500.00
01/16/2008	DEPOSIT		100.00	2,600.00
01/17/2008	DEPOSIT		100.00	2,700.00
01/18/2008	DEPOSIT		100.00	2,800.00
01/19/2008	DEPOSIT		100.00	2,900.00
01/20/2008	DEPOSIT		100.00	3,000.00
01/21/2008	DEPOSIT		100.00	3,100.00
01/22/2008	DEPOSIT		100.00	3,200.00
01/23/2008	DEPOSIT		100.00	3,300.00
01/24/2008	DEPOSIT		100.00	3,400.00
01/25/2008	DEPOSIT		100.00	3,500.00
01/26/2008	DEPOSIT		100.00	3,600.00
01/27/2008	DEPOSIT		100.00	3,700.00
01/28/2008	DEPOSIT		100.00	3,800.00
01/29/2008	DEPOSIT		100.00	3,900.00
01/30/2008	DEPOSIT		100.00	4,000.00
01/31/2008	DEPOSIT		100.00	4,100.00
02/01/2008	DEPOSIT		100.00	4,200.00
02/02/2008	DEPOSIT		100.00	4,300.00
02/03/2008	DEPOSIT		100.00	4,400.00
02/04/2008	DEPOSIT		100.00	4,500.00
02/05/2008	DEPOSIT		100.00	4,600.00
02/06/2008	DEPOSIT		100.00	4,700.00
02/07/2008	DEPOSIT		100.00	4,800.00
02/08/2008	DEPOSIT		100.00	4,900.00
02/09/2008	DEPOSIT		100.00	5,000.00
02/10/2008	DEPOSIT		100.00	5,100.00
02/11/2008	DEPOSIT		100.00	5,200.00
02/12/2008	DEPOSIT		100.00	5,300.00
02/13/2008	DEPOSIT		100.00	5,400.00
02/14/2008	DEPOSIT		100.00	5,500.00
02/15/2008	DEPOSIT		100.00	5,600.00
02/16/2008	DEPOSIT		100.00	5,700.00
02/17/2008	DEPOSIT		100.00	5,800.00
02/18/2008	DEPOSIT		100.00	5,900.00
02/19/2008	DEPOSIT		100.00	6,000.00
02/20/2008	DEPOSIT		100.00	6,100.00
02/21/2008	DEPOSIT		100.00	6,200.00
02/22/2008	DEPOSIT		100.00	6,300.00
02/23/2008	DEPOSIT		100.00	6,400.00
02/24/2008	DEPOSIT		100.00	6,500.00
02/25/2008	DEPOSIT		100.00	6,600.00
02/26/2008	DEPOSIT		100.00	6,700.00
02/27/2008	DEPOSIT		100.00	6,800.00
02/28/2008	DEPOSIT		100.00	6,900.00
02/29/2008	DEPOSIT		100.00	7,000.00
03/01/2008	DEPOSIT		100.00	7,100.00
03/02/2008	DEPOSIT		100.00	7,200.00
03/03/2008	DEPOSIT		100.00	7,300.00
03/04/2008	DEPOSIT		100.00	7,400.00
03/05/2008	DEPOSIT		100.00	7,500.00
03/06/2008	DEPOSIT		100.00	7,600.00
03/07/2008	DEPOSIT		100.00	7,700.00
03/08/2008	DEPOSIT		100.00	7,800.00
03/09/2008	DEPOSIT		100.00	7,900.00
03/10/2008	DEPOSIT		100.00	8,000.00
03/11/2008	DEPOSIT		100.00	8,100.00
03/12/2008	DEPOSIT		100.00	8,200.00
03/13/2008	DEPOSIT		100.00	8,300.00
03/14/2008	DEPOSIT		100.00	8,400.00
03/15/2008	DEPOSIT		100.00	8,500.00
03/16/2008	DEPOSIT		100.00	8,600.00
03/17/2008	DEPOSIT		100.00	8,700.00
03/18/2008	DEPOSIT		100.00	8,800.00
03/19/2008	DEPOSIT		100.00	8,900.00
03/20/2008	DEPOSIT		100.00	9,000.00
03/21/2008	DEPOSIT		100.00	9,100.00
03/22/2008	DEPOSIT		100.00	9,200.00
03/23/2008	DEPOSIT		100.00	9,300.00
03/24/2008	DEPOSIT		100.00	9,400.00
03/25/2008	DEPOSIT		100.00	9,500.00
03/26/2008	DEPOSIT		100.00	9,600.00
03/27/2008	DEPOSIT		100.00	9,700.00
03/28/2008	DEPOSIT		100.00	9,800.00
03/29/2008	DEPOSIT		100.00	9,900.00
03/30/2008	DEPOSIT		100.00	10,000.00
03/31/2008	DEPOSIT		100.00	10,100.00
04/01/2008	DEPOSIT		100.00	10,200.00
04/02/2008	DEPOSIT		100.00	10,300.00
04/03/2008	DEPOSIT		100.00	10,400.00
04/04/2008	DEPOSIT		100.00	10,500.00
04/05/2008	DEPOSIT		100.00	10,600.00
04/06/2008	DEPOSIT		100.00	10,700.00
04/07/2008	DEPOSIT		100.00	10,800.00
04/08/2008	DEPOSIT		100.00	10,900.00
04/09/2008	DEPOSIT		100.00	11,000.00
04/10/2008	DEPOSIT		100.00	11,100.00
04/11/2008	DEPOSIT		100.00	11,200.00
04/12/2008	DEPOSIT		100.00	11,300.00
04/13/2008	DEPOSIT		100.00	11,400.00
04/14/2008	DEPOSIT		100.00	11,500.00
04/15/2008	DEPOSIT		100.00	11,600.00
04/16/2008	DEPOSIT		100.00	11,700.00
04/17/2008	DEPOSIT		100.00	11,800.00
04/18/2008	DEPOSIT		100.00	11,900.00
04/19/2008	DEPOSIT		100.00	12,000.00
04/20/2008	DEPOSIT		100.00	12,100.00
04/21/2008	DEPOSIT		100.00	12,200.00
04/22/2008	DEPOSIT		100.00	12,300.00
04/23/2008	DEPOSIT		100.00	12,400.00
04/24/2008	DEPOSIT		100.00	12,500.00
04/25/2008	DEPOSIT		100.00	12,600.00
04/26/2008	DEPOSIT		100.00	12,700.00
04/27/2008	DEPOSIT		100.00	12,800.00
04/28/2008	DEPOSIT		100.00	12,900.00
04/29/2008	DEPOSIT		100.00	13,000.00
04/30/2008	DEPOSIT		100.00	13,100.00
05/01/2008	DEPOSIT		100.00	13,200.00
05/02/2008	DEPOSIT		100.00	13,300.00
05/03/2008	DEPOSIT		100.00	13,400.00
05/04/2008	DEPOSIT		100.00	13,500.00
05/05/2008	DEPOSIT		100.00	13,600.00
05/06/2008	DEPOSIT		100.00	13,700.00
05/07/2008	DEPOSIT		100.00	13,800.00
05/08/2008	DEPOSIT		100.00	13,900.00
05/09/2008	DEPOSIT		100.00	14,000.00
05/10/2008	DEPOSIT		100.00	14,100.00
05/11/2008	DEPOSIT		100.00	14,200.00
05/12/2008	DEPOSIT		100.00	14,300.00
05/13/2008	DEPOSIT		100.00	14,400.00
05/14/2008	DEPOSIT		100.00	14,500.00
05/15/2008	DEPOSIT		100.00	14,600.00
05/16/2008	DEPOSIT		100.00	14,700.00
05/17/2008	DEPOSIT		100.00	14,800.00
05/18/2008	DEPOSIT		100.00	14,900.00
05/19/2008	DEPOSIT		100.00	15,000.00
05/20/2008	DEPOSIT		100.00	15,100.00
05/21/2008	DEPOSIT		100.00	15,200.00
05/22/2008	DEPOSIT		100.00	15,300.00
05/23/2008	DEPOSIT		100.00	15,400.00
05/24/2008	DEPOSIT		100.00	15,500.00
05/25/2008	DEPOSIT		100.00	15,600.00
05/26/2008	DEPOSIT		100.00	15,700.00
05/27/2008	DEPOSIT		100.00	15,800.00
05/28/2008	DEPOSIT		100.00	15,900.00
05/29/2008	DEPOSIT		100.00	16,000.00
05/30/2008	DEPOSIT		100.00	16,100.00
05/31/2008	DEPOSIT		100.00	16,200.00
06/01/2008	DEPOSIT		100.00	16,300.00
06/02/2008	DEPOSIT		100.00	16,400.00
06/03/2008	DEPOSIT		100.00	16,500.00
06/04/2008	DEPOSIT		100.00	16,600.00
06/05/2008	DEPOSIT		100.00	16,700.00
06/06/2008	DEPOSIT		100.00	16,800.00
06/07/2008	DEPOSIT		100.00	16,900.00
06/08/2008	DEPOSIT		100.00	17,000.00
06/09/2008	DEPOSIT		100.00	17,100.00
06/10/2008	DEPOSIT		100.00	17,200.00
06/11/2008	DEPOSIT		100.00	17,300.00
06/12/2008	DEPOSIT		100.00	17,400.00
06/13/2008	DEPOSIT		100.00	17,500.00
06/14/2008	DEPOSIT		100.00	17,600.00
06/15/2008	DEPOSIT		100.00	17,700.00
06/16/2008	DEPOSIT		100.00	17,800.00
06/17/2008	DEPOSIT		100.00	17,900.00
06/18/2008	DEPOSIT		100.00	18,000.00
06/19/2008	DEPOSIT		100.00	18,100.00
06/20/2008	DEPOSIT		100.00	18,200.00
06/21/2008	DEPOSIT		100.00	18,300.00
06/22/2008	DEPOSIT		100.00	18,400.00
06/23/2008	DEPOSIT		100.00	18,500.00
06/24/2008	DEPOSIT		100.00	18,600.00
06/25/2008	DEPOSIT		100.00	18,700.00
06/26/2008	DEPOSIT		100.00	18,800.00
06/27/2008	DEPOSIT		100.00	18,900.00
06/28/2008	DEPOSIT		100.00	19,000.00
06/29/2008	DEPOSIT		100.00	19,100.00
06/30/2008	DEPOSIT		100.00	19,200.00
07/01/2008	DEPOSIT		100.00	19,300.00
07/02/2008	DEPOSIT		100.00	19,400.00
07/03/2008	DEPOSIT		100.00	19,500.00
07/04/2008	DEPOSIT		100.00	19,600.00
07/05/2008	DEPOSIT			

IF YOU ARE STAYING HOME

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. Always evacuate if directed to do so (see page 12).

1. Shut all doors and windows of the house. In the event of a hurricane, all glass windows should be covered to minimize the possibility of glass shattering and causing injury.
2. Clear the clutter from hallways and exit paths.
3. Move heavy furniture or wall hangings that could fall 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 or breakable 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. Let family and neighbors know you are sheltering in place.
11. Listen to the radio and/or TV for public announcements.

12. Put a “sheltering in place” sign in a window visible to passersby, so if you are unable to get out after an “all-clear” message is given, someone will come to look for you.
13. Remain sheltered until an “all-clear” message is given.

For Your Safety

A. HOW TO SHUT OFF THE GAS

Do NOT shut off your gas UNLESS you are directed to evacuate from your area by the County Civil Defense Agency, police, or fire officials.

If you are directed to evacuate, utility gas customers (those who receive their gas by underground pipeline) should shut off their gas valve at their meter, by turning this handle to the left:



Non-utility gas customers (those who have tanks or cylinders) should shut off the gas valve located on their tank or cylinder.

Be sure to find out beforehand whether you are a utility or non-utility customer. Call The Gas Company Representative (see pages 6–7) to find out where your meter or valve is and how to shut it off.

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

Signs 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.

ALWAYS EVACUATE WHEN DIRECTED TO DO SO!

3. The odor of gas which is sometimes described as a rotten egg smell.
4. Soapy water put over the suspected leak will bubble if there is a leak.

If you see any of these signs, open all windows to dilute the gas, and do not operate electrical switches or use telephones. Leave the premises and call the Gas Company (see pages 6–7) from the nearest telephone.

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 or line. Some residence may have a wheel-type valve that needs to be turned to the right to shut off.



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. If you anticipate the electricity going out, set your refrigerator to the coldest temperature possible beforehand, so foods will last longer after the power outage.
3. Food that is in the refrigerator, such as milk, sour cream and yogurt should be eaten first since it will spoil most quickly.
4. 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
5. A grill may be used to cook food, but should never be used inside the home – only outside the home.
6. 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.
7. Low-sodium food is a good investment, as salt will make you thirsty. If you are on a sodium-restricted diet, rinse all canned goods thoroughly before eating. Salt, however, is important in the daily diet.
8. Most fruits and vegetables hold their quality at room temperature for several days.
9. 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.

ALWAYS EVACUATE WHEN DIRECTED TO DO SO!

10. If you have special dietary needs, consult with your doctor to make sure you have the recommended supplies in case of an emergency.
11. Paper plates, cups, napkins, and plastic utensils are useful in an emergency, as they can simply be discarded, rather than needing to be washed.
12. Experts recommend at least 5–7 days of food be kept on hand if you are sheltering in place.

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 after opening. Smaller cans are therefore more appropriate for single and smaller families. Make sure you have a manual can opener.

Sample List:

- beans
- canned fruits
- canned vegetables
- chicken/beef broths, soups
- chili
- olives
- pork and beans
- pumpkin
- tuna



DRIED FOODS

Sample List:

- fruits (apricots, plums, etc.)
- instant ramen
- seafood
- seaweed (nori)



MISCELLANEOUS

Sample List:

- chips
- chocolates
- cookies
- crackers
- instant coffee
- jam/jelly
- juice boxes
- low-salt pretzels
- milk boxes
- nuts
- parmesan cheese
- pasta, bottled pasta sauce
- peanut butter
- tea bags
- 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 know your needs and the services available to you ahead of time.

Check with your County Civil Defense Agency (please refer to page 14) 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 your County Civil Defense Agency (please refer to pages 15–17) to learn which shelters are open, whether they are special needs shelters, and if they accept pets, if applicable. If you do evacuate to a shelter, inform your family and neighbors of which shelter you are going to.

Depending on the type of emergency, evacuation shelters may not have cots, food, running water or electricity.

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 your 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. Remember to bring only what you can carry, as space will be limited at the shelter. If you live in a multi-story dwelling, work with your property manager or condo board to determine your needs. Caregivers will not be provided at the shelter. If you require a caregiver, make arrangements with them ahead of time to accompany you, if possible.

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 be eating them. Bring a manual can opener if you are bringing canned goods. Recommended amount: two (2) days of food.
3. **Cell phones and chargers:** 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, blanket and folding chair.**
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 8)
8. **Medications /eyeglasses / hearing aids / ID bracelets / other health-related essentials:** It is recommended that individuals keep at least a week's supply of medications 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. Make sure, however, that you rotate or use medications before their expiration date. Include a pair of eyeglasses & eyeglass repair kit, hearing aids (and batteries), dentures, and eye drops, as needed. If you regularly use glucometers, blood pressure 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. If you use a motorized tool or vehicle, bring a charged backup battery.

- 9. AM/FM radio** (with extra batteries): Small, battery-powered or non-electric 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. Wear covered, comfortable shoes, as there may be debris and glass on the ground. 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 necessary. Include extra underwear as bathing may not be possible for several days.
- 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.
- 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: Prepare a small travel size bag of personal hygiene items such as toothpaste, mouthwash, toothbrush, floss, denture cleanser, denture adhesive, if applicable, hair brush, nail clipper, soap (waterless shampoo and bathing soap, if available), and anti-mosquito sprays.

14. Pens/pencils and small notebook.

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.

ON DENTAL HEALTH

It is important to be aware of dental health issues even in disaster situations. Approximately 40% of older adults are toothless, which leads to oral diseases. Oral diseases can cause malnutrition, altered communication, further susceptibility to infectious diseases, and discomfort and pain.

Older adults sometimes suffer from dry mouth, which can be a side effect of using certain medications. Diabetes mellitus, which sometimes affects older diabetics, leads to a higher risk for oral infections and impaired healing, which in turn leads to gum disease and other oral conditions. Gum disease is also linked in the elderly to cardiovascular disease and osteoporosis.

To combat these possible dental issues, you may need:

- Additional fluoride, available in the form of a fluoride rinse or gel.
- A Chlorhexidine rinse to fight germs that cause gum disease, which is available by prescription from the dentist.
- Mouthwash (if possible, a brand that helps avoid dry mouth) to keep breath fresh and help reduce bacteria in the mouth.

Don't swallow any of the rinses listed above.

Additional Resources for Those with Special Medical Needs

ARTHRITIS

1. Hurricane Katrina and Arthritis Patients:
http://www.hopkins-arthritis.org/arthritis-news/2005/hurricane_katrina_arthritis_patients.html

CHRONIC DISEASES

1. Disaster Preparedness for Persons with Chronic Disease: <http://www.chronicdiseasepreparedness.org/pdf/patientresourcemanual.pdf>

DEMENTIA

1. Disaster Preparedness from the Alzheimer's Association:
http://www.alz.org/national/documents/topicsheet_disasterprep.pdf
2. Disaster Preparedness: Home and Community-Based Services for People with Dementia and Their Caregivers:
http://www.aoa.gov/AoARoot/Preparedness/Resources_Network/pdf/Toolkit_2_Disaster_Preparedness.pdf

DIABETES

1. Diabetes Disaster Preparedness: Patient Information: http://www.state.nj.us/health/fhs/documents/diabetes_disaster_guidelines.pdf
2. Diabetes: Recommendations for Persons Undergoing Blood Glucose Monitoring in Evacuation Centers for the Prevention of Hepatitis B Virus, Hepatitis C Virus, and Human Immunodeficiency Virus Transmission:
<http://emergency.cdc.gov/disasters/diabetes/>
3. Diabetes Care During Natural Disasters, Emergencies, and Hazards:
<http://www.cdc.gov/diabetes/news/docs/disasters.htm>

KIDNEY DISEASE

1. Preparing for Emergencies: A Guide for People on Dialysis:
<http://www.medicare.gov/Publications/Pubs/pdf/10150.pdf>
2. Liberty Dialysis – Hawaii Region. Emergency Preparedness for Persons on Dialysis in Hawaii. January 2006.

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 shelters are prior to a disaster. Many public shelters may not accept pets, so stay tuned to your local radio station to see which sites may accept pets, or call your local civil defense agency. Please plan ahead for how you will transport your pet, and how care will be provided to your pet, whether it is at a pet-friendly shelter, pet kennel or other facility.
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.
4. Make sure your pet has an ID, either a microchip or a collar with owner contact information.
5. At an evacuation shelter, you will still be expected to check in and take care of your pet(s). You must have a crate and/or leash for them. Bring bags to scoop dog poop into and/or cat litter and a litter box with a scooper.

List of Hawaii Emergency Shelters and Special Needs Emergency Shelters

During an emergency, Civil Defense information will be broadcast over local radio and TV stations. When an evacuation is necessary these broadcasts may include information about the location of Public Emergency Shelters in affected areas. More information, including the location of shelters designated for people with special health needs, and facilities for household pets may be broadcast, as well as when volunteers will be available to open shelters and direct evacuees to the appropriate areas. Only go to a shelter once you know it has been opened and staffed.

Since public shelters do not stock supplies, please bring provisions from your emergency supply kit at home. You will need at least two (2) days worth of food, water and personal items for yourself, family members and household pets.

Facilities designed to serve as Special Needs Shelters provide limited support to persons with special health needs. Additionally, although shelters may be designated as “special needs” or “pet friendly”, the

County may decide to use it only as a general shelter, depending on manning capabilities. Whenever possible, special health needs evacuees must either be capable of taking care of their own needs or be accompanied by a caregiver. They must bring their own medications, medical support equipment and any special dietary items themselves.

Pet-Friendly Shelters are co-located with some general population shelters. Household pets entering a pet-friendly shelter must be caged for safety and owners should provide water and food for their pets.

This list was last updated in April 2009. For more information, contact AskCivilDefense@scd.hawaii.gov.

Legend:

S = Special Needs + General Population

P = Pet-Friendly + General Population

S/P = Special Needs + Pet-Friendly + General Population

Oahu

Evacuation and shelter information for Oahu will be provided by:

Dept. of Emergency Management, City & County of Honolulu

Telephone: (808) 723-8960

NORTH SHORE

Kaena Pt. – Kahuku

Waialua Elementary [S]

Waialua High and Intermediate [S/P]

LEEWARD COAST

Makua – Waipahu & Vicinity

August Ahrens Elementary

Barbers Point Elementary

Campbell High [S/P]

Ewa Beach Elementary

Ewa Elementary [S]

Honowai Elementary [S]

Ilima Intermediate [S/P]

Kaimiloa Elementary

Kaleiopuu Elementary

Kamaile Elementary

Kanoelani Elementary

Kapolei Elementary [S]

Kapolei High [S]

Leihoku Elementary

Maili Elementary

Makaha Elementary

Makakilo Elementary

Mauka Lani Elementary [S]

Nanakuli Elementary

Nanakuli High & Intermediate [S/P]

Pohakea Elementary

Waianae Elementary

Waianae Intermediate

Waipahu Elementary [S/P]

Waipahu High [S/P]

Waipahu Intermediate [S]

CENTRAL OAHU

Wahiawa – Mililani & Vicinity

Hanalani Elementary

Helemano Elementary [S]

Iliahi Elementary

Kaala Elementary [S]

Kipapa Elementary [S]

Leilehua High [S/P]

Mililani High [S/P]

Mililani Mauka Elementary

Mililani Waena Elementary [S]

Mililani Middle [S/P]

Mililani-Uka Elementary [S]

Solomon Elementary

Wahiawa Elementary [S]

Wahiawa Middle [S]

Wheeler Elementary

Wheeler Middle [S/P]

Pearl City – Aiea & Salt Lake

Aiea Elementary [S]

Aiea Intermediate [S]

Aiea High [S/P]

Aliamanu Elementary [S]

Aliamanu Middle [S]

Halawa District Park

Hickam Elementary

Highlands Intermediate [S/P]

Lehua Elementary [S]

Makalapa Elementary [S]

Manana Elementary [S]

Moanalua Elementary [S]

Moanalua Middle [S/P]

Moanalua High [S/P]

Mokulele Elementary

Momilani Elementary

Nimitz Elementary

Palisades Elementary [S]

Pearl City District Park

Pearl City Elementary

Pearl City High [S/P]

Pearl City Highlands Elementary [S]

Pearl Harbor Elementary

Pearl Harbor Kai Elementary

Pearlridge Elementary [S]

Radford High [S/P]

Red Hill Elementary [S]

Salt Lake Elementary [S]

Shafter Elementary

Waiuu Elementary

Waimalu Elementary [S]

Webbing Elementary

Salt Lake – Punchbowl & Downtown

Central Middle [P]

Dole Middle [S]

Farrington High

Fern Elementary

Kaahumanu Elementary

Kaewai Elementary [S]

Kaiulani Elementary [S]

Kalakaua Middle [S/P]

Kalihi Elementary

Kalihi-Kai Elementary [S]

Kalihi-Uka Elementary [S]

Kalihi Valley District Park

Kalihi-Waena Elementary [S]

Kapalama Elementary [S]

Kauluwela Elementary

Kawanakoa Middle [S]

Lanakila District Park

Lanakila Elementary [S]

Likelike Elementary

Linapuni Elementary [S]

Maemae Elementary [S]

Makiki District Park

Nuuuanu Elementary

Pauoa Elementary

Puuahale Elementary [S]

Roosevelt High [S/P]

Royal Elementary [S]

Stevenson Middle [S/P]

Punchbowl – Waialae & Vicinity

Aliiolani Elementary [S]
 Anuenue Elementary
 Hawaii Convention Center [S]
 Hokolani Elementary [S]
 Jarrett Middle [S/P]
 Jefferson Elementary [S]
 Kaahumanu Elementary
 Kaimuki High [S/P]
 Kaimuki Middle [S/P]
 Kuhio Elementary
 Liholiho Elementary [S]
 Liliuokalani Elementary [S]
 Lincoln Elementary
 Lunalilo Elementary
 Manoa Elementary [S]
 McKinley High [S]
 Neal Blaisdell Center [S]
 Noelani Elementary [S]
 Palolo Elementary [S]
 Waialae Elementary [S]
 Waikiki Elementary
 Washington Middle [S/P]
 Wilson Elementary [S]

Aina Haina – Hawaii Kai & Vicinity

Aina Haina Elementary [S]
 Hahaione Elementary [S]
 Kahala Elementary [S]
 Kaiser High [S/P]
 Kalani High [S/P]
 Kamiloiki Elementary [S]
 Koko Head Elementary [S]
 Niu Valley Middle [S]

Windward Coast (Kahuku – Waimanalo)

Ahuimanu Elementary [S]
 Aikahi Elementary
 Benjamin Parker Elementary
 Brigham Young University of Hawaii [S]
 Castle High [S/P]
 Enchanted Lake Elementary [S]
 Heeia Elementary [S]
 Kahaluu Elementary [S]
 Kahuku Elementary
 Kahuku High and Intermediate [S/P]
 Kailua Elementary [S]
 Kailua High [S/P]
 Kailua Intermediate [S]
 Kainalu Elementary
 Kalaheo High [S/P]
 Kaneohe Elementary
 Kapunahala Elementary
 Keolu Elementary
 King Intermediate [S/P]
 Lanikai Elementary [S]
 Maunawili Elementary [S]
 Mokapu Elementary [S]
 Pope Elementary [S]
 Puohala Elementary
 Waiahole Elementary [S]
 Waimanalo Elementary & Intermediate [S/P]

Maui

Evacuation and shelter information for Maui will be provided by:

Maui Civil Defense
 Telephone: (808) 270-7285

HANA

Hana High

KAHULUI / WAILUKU / WAIHEE

Baldwin High [S/P]
 Iao Elementary [S]
 Kahului Elementary [S]
 Lihikai Elementary [S]
 Maui Community College
 Maui High [S/P]
 Maui Waena Intermediate [S/P]
 Waihee Elementary [S]
 Wailuku Elementary [S]

KIHEI / MAKENA

Kamalii Elementary [S]
 Kihei Elementary [S]
 Lokelani Intermediate [S/P]

LAHAINA (WEST MAUI)

Lahaina Civic Center
 Lahaina Intermediate [S]
 Lahainaluna High
 Princess Nahienaena Elementary [S]

UPCOUNTRY

Haiku Elementary
 Kalama Intermediate [S/P]
 King Kekaulike High [S/P]
 Makawao Elementary [S]
 Paia Elementary [S]
 Pukalani Elementary [S]

Molokai

Kaunakakai Elementary
 Kualapuu Elementary
 Molokai High [S]

Lanai

Lanai High [S]

Hawaii

Evacuation and shelter information for Hawaii will be provided by:
 Hawaii County Civil Defense
 Telephone: (808) 935-0031

NORTH KOHALA DISTRICT

Kohala Highland Elementary [S]
 Kohala Intermediate [S]

SOUTH KOHALA DISTRICT

Waikoloa Elementary [S]
 Waimea Elementary [S]
 Waimea Middle
 Waimea State Office Building

NORTH KONA DISTRICT

Holualoa Elementary
 Kahakai Elementary [S]
 Kealakehe Elementary [S]
 Kealakehe High [S/P]
 Kealakehe Intermediate [S]

SOUTH KONA DISTRICT

Honaunau Elementary
 Hookena Elementary
 Konawaena High [S/P]

KAU DISTRICT

Kau High and Pahala
 Elementary [S/P]

HAMAKUA DISTRICT

Honokaa High and
 Intermediate [S/P]
 Kalaniana'ole Elementary
 [S/P]

SOUTH HILO DISTRICT

E B de Silva Elementary
 Hilo High [S/P]
 Hilo Intermediate [S]
 Kaumana Elementary [S]
 Waiakea Elementary [S]
 Waiakea High [S/P]
 Waiakea Intermediate [S]
 Waiakea Waena
 Elementary [S]

PUNA DISTRICT

Keonepoko Elementary [S]
 Keaau Elementary
 Keaau High [S/P]
 Keaau Middle [S/P]
 Mountain View Elementary
 [S]
 Pahoa Elementary [S]
 Pahoa High and Intermediate
 [S/P]

Kauai

Evacuation and shelter
 information for Kauai will be
 provided by:

Kauai Civil Defense
 Telephone: (808) 241-1800

CENTRAL

Kamakahahei Middle [S]
 Kauai Community College
 Kauai High [S/P]
 Kauai Humane Society
 [pets only]
 Kauai War Memorial
 Convention Hall
 King Kaumualii Elementary
 [S]
 Wilcox Elementary

EASTSIDE

Kapaa Elementary School [S]
 Kapaa High School [S/P]
 Kapaa Middle School [S/P]

NORTH

Kilauea Elementary School
 Kilauea Neighborhood Center

SOUTH

Eleele Elementary School
 [S/P]
 Kalaheo Elementary School
 [S/P]
 Koloa Elementary School [S]

WEST

Kekaha Elementary School
 [S]
 Waimea Canyon Elementary
 and Middle [S/P]
 Waimea High [S/P]

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Disclaimer:

Please note that this document is only a guide to provide suggestions for safety and readiness in the event of a natural disaster. It is not intended to be a complete list and depending on individual needs and the situation, the list will vary. Be sure to consult with appropriate officials and experts as necessary to make these adjustments.

PROJECT COORDINATION:

Pacific Emergency Management, Preparedness, and Response Information Network and Training Services (Pacific EMPRINTS)

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