

Chesterfield County
Emergency
Management

Emergency Preparedness for Seniors



Why is This Topic Important?

- A sizeable population of older adults ages 65 and older live alone.
- According to the National Council on Aging, about 80% of older adults have at least one chronic condition. Almost 77% have at least two.
- Disasters can disrupt essential and support services.
- An *American Journal of Public Health* survey conducted in 2014 found:
 - Two-thirds of adults ages 50+ had no emergency plan, had never participated in an educational program on preparedness, and were not aware of resources available.
 - One-third of the respondents lacked the minimum supply of water, food or medical supplies for an emergency.



Topics of Discussion

- What threats affect Chesterfield County
- Three steps to preparedness
- Shelters
- After a disaster strikes
- Commonly asked questions
- Get Involved
- Additional resources



What threats and hazards should you be ready for?



Threats and Hazards	Threat Level
Hurricane / Tropical Storm	Critical
Severe Storms, Wind/Thunder	High
Dam Emergencies	High
Flooding / Flash Flood	High
Winter Storms	High
Civil Disturbance	High
Acts of Community Violence, Mass Casualty Incident (MCI)	Moderate
Fire, Urban	Moderate
Mass Transportation Accident	Moderate
Pandemic / Epidemic	Moderate
Temperature Extremes	Moderate
Cyber Attack	Moderate
Hazardous Materials	Moderate
Tornado	Moderate
Water Disruption	Moderate
Radiological Event	Low
Terrorism	Low
Pipeline (Gas/fuel) Accident	Low
Power Outage, Non-Storm Related	Low
Supply Chain Shortage / Failure	Low
Structure Collapse	Low
Air Quality Issue	Low
Earthquake	Low
Fire, Wildland	Low



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How Can You Prepare?

Get a Kit

Make a Plan

Stay Informed



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Step 1: Get a Kit - Needed Supplies (72 hrs) – Longer is Better

- Non-perishable food
- Water 1 gallon/person per day
- Can Opener
- Flashlights & Batteries
- Hygiene Supplies
- First Aid Kit
- Whistle
- Sanitation Items
- Disposable plates & utensils
- Medication/Medical Supplies
- Important documents
- Cash
- Weather Radio
- Pet supplies

Make a “Go Bag” as part of your emergency preparations just in case you have to leave quickly.



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Step 1: Get a Kit - Documents

- Make **copies** of your important documents and keep them in a secure, but easy to locate place. Consider putting them in a waterproof container.
- ID, insurance cards/policies, birth certificate, social security card, and other vital records.
- Photos and inventory of your valuables.
- Make a list of medical conditions including functional or access needs, medications including dosages, treatment and allergy information.
- Phone numbers of support network, emergency contacts and service providers.



Step 2: Make a Plan – Preparation & Mitigation

- Mitigation is the reduction of loss of life and property by lessening the impact of disasters
- Any activity that prevents an emergency or reduces effects of hazards
- What can you do around your home to mitigate disaster impacts?
- Have adequate homeowner's insurance coverage
- Add flood insurance if in a flood hazard area



Step 2: Make a Plan - Building Your Network

- Family & Friends
- Neighbors
- Doctors
- Pharmacists
- Service Providers
- Faith-based Communities
- Community Engagement and Resources & The Office of Aging and Disability Services.



Step 2: Make a Plan - Using Your Network

- Family & Friends
- Neighbors
- Doctors
- Pharmacists
- Service Providers
- Faith-based Communities
- Community Engagement and Resources & The Office of Aging and Disability Services.

- Ask questions
- Share your written plans
- Access to your home
- Knowledge of needs
- Coordinate efforts
- Find resources and back-up providers to fill in the gaps



Step 2: Make a Plan - Communications

- Write down your important phone numbers
- Have an out-of-town contact
- Texting may work better than phone calls
- Check in with your network before, during and after the incident.



Step 2: Make a Plan – Important Numbers

- **Emergency** – 911
- **Non-Emergency** – 804-748-1251
- **Power Outages:**
 - Dominion Energy - 866-366-4357 or dom.com
 - Southside Electric – 866-878-5514
- **Traffic Conditions** – 511
- **Downed Trees or Road Hazards:**
 - VDOT 1-800-367-7623



Step 3: Stay Informed – Information Sources

- Local News Channels
- **Weather Radios (10 year rule, SAME programmable)**
- Chesterfield Alert
- Social Media – verified accounts
- Phone alerting apps (weather, FEMA, etc.)

**Get local alerts
via email, text or
phone call.**

CHESTERFIELD
ALERT

Sign up at
www.chesterfieldalert.com



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Step 3: Stay Informed – Terminology

- **WATCH:** The conditions are favorable. This is your time to make sure you have all your plans in place.
- **WARNING:** Warning means that the threat is imminent or occurring. Take action immediately.



Sheltering

- The type of event and expected or actual impact will determine when and where a shelter is opened.
- Basic accommodations.
- Anticipating the opening of a shelter should not be your plan.
- Shelter openings will be broadcast over local media sources and Chesterfield Alert.
- What about pets?



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- What about pets?

- Bring your “Go Bag” with extra clothes
- Sanitary items
- Medical supplies
- Special dietary supplies
- Items of comfort
- Entertainment
- Items for your pets



Disaster Struck – Now What?

- Virginia 2-1-1 can help connect you with resources to address immediate needs after a disaster.
- If you have insurance, it is important to file your claim as soon as possible.
 - Record all damaged items including model numbers, estimated value and photos (before and after).
 - Do not begin repairs before filing your insurance claim.
 - Keep all receipts of disaster-related expenses: lodging, medical, repair and cleaning supplies, etc.
- If you do not have insurance, contact Virginia 2-1-1 or your local Emergency Management office.



Disaster Struck – Beware of Scammers!

- Always ask to see a government ID for anyone claiming to be with a government agency. FEMA and the SBA never charge applicants for assistance or inspections.
- Get written repair estimates from local, reputable, licensed/insured contractors.
- Beware of people going door to door offering services. Ask to see permits and licenses of anyone who approaches you.
- Be extra cautious of solicitors asking you for a large down payment, the full payment upfront or promises to speed up the insurance or building permit processes.



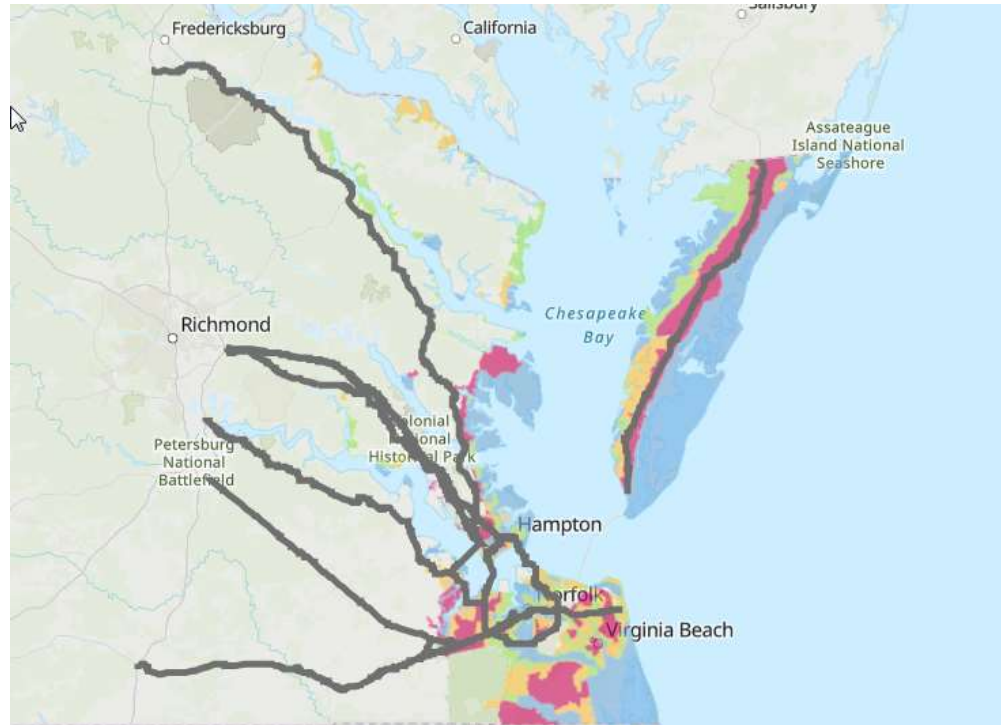
Frequently Asked Questions



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What is My Evacuation Zone?

- Chesterfield is not in a state identified evacuation zone.



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Why Don't We Have Sirens for Tornadoes?

- The large size and composition of Chesterfield would make sirens an ineffective warning system especially given the cost of yearly maintenance.
- Depending on where you have lived previously, these sirens may have different meanings which can potentially confuse residents.



Where do I go if there is a tornado warning?

- If you have a basement, that is the best place. If not, go to the lowest floor into an interior room or closet with no windows. You want as many walls between you and the outside as possible. Determine where this place is in advance of any storms.
- If you live in a mobile home, you want to have a different location identified that you can go to. Go before a warning is issued!
- If you are in a car, do not go up under an overpass.



I Have Oxygen, or a Medical Device. What Happens if the Power Goes Out?

- Work with your supplier to ensure you have extra batteries and oxygen tanks in advance of any storms. There should also be a phone number to call for this situation. Make sure that number is with your important contacts.
- Ensure your physician properly educates you on your device and safety measures.
- Try to include someone in your support network who has a generator or some type of backup power.
- If there is no backup battery or you experience an equipment failure and it becomes an emergency circumstance, call 9-1-1



Does Chesterfield Fire & EMS Offer Rides to Shelters or Appointments?

- Chesterfield Fire & EMS does not provide transportation to shelters or appointments. Transportation should be planned well in advance with your support network. During a disaster, public safety has to focus on life threats and grave public dangers.



Get Involved

- Community Emergency Response Team (CERT)
- Neighborhood Watch
- Medical Reserve Corps
- Schedule a class for a group
 - Financial Preparedness for Emergencies
 - Stop the Bleed
 - You are the Help Until Help Arrives
 - Hands-Only CPR



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More Information, Education & Resources

- www.ready.gov - FEMA
- www.vaemergency.gov - Virginia Department of Emergency Management
- www.redcross.org – Red Cross (under Get Help)
- www.211virginia.org – Virginia 211
- <https://www.chesterfield.gov/857/Community-Engagement-and-Resources> - Chesterfield County Community Engagement and Resources



Contact Information

Chesterfield Emergency Management

www.chesterfield.gov/329/Emergency-Management

EMChesterfield@chesterfield.gov

804-748-1360



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