



Be prepared

Why Prepare?

- Preparing for a disaster reduces fear, anxiety, and losses accompanying disasters.
- You can reduce the impact of disasters.
- Disasters are REAL! Each year hundreds of thousands of lives are disrupted by disasters.
- Older adults and those with chronic illnesses face challenges that can make evacuation during an emergency difficult. Preparedness is critical for survival.

Local Emergency Numbers

- **Immediate Danger:**
911
- **County General Relief Assistance:**
712-261-6700
- **Red Cross, Cherokee:**
712-225-4507
- **Emergency Assistance, DHS:**
712-957-5135
- **Cherokee Sheriff's Department:**
712-225-6728
- **Suicide Prevention Hotline:**
988
- **Connections Area Agency on Aging:**
800-432-9209



212 East Bow Drive
Cherokee, IA 51012

(712) 225-2129
cherokeermc.org

01.2023



Emergency Preparedness

Natural Disasters can strike at any moment. An emergency could force you to evacuate your home. It is critical to ensure that you are prepared. Reach out to someone who you can trust and will simply listen and be there for you.

Create Your Plan

1. Complete the Emergency Information Sheet provided by Public Health along with your IPOST document and put it in your Project Ice Sleeve on your freezer door. Update your medication list every time you visit your doctor.
2. Place your Project Ice window cling in your front door and ensure it is visible from the street.
3. Identify how you will communicate (telephone, radio, knocking on the door). Choose a contact person to check in on you during a disaster.
4. Create your emergency kit.
5. Plan how to evacuate your home during each type of emergency.
6. Make a plan for your pets.

Create Your Emergency Kit

A major Disaster could take up to three days for relief efforts to get to some areas. All individuals in your home should have 72-hour kits.

Gather a box, preferably with a lid. In your box, include the following:

- Water (one gallon per person)
- Food (non-perishable)
- Battery-powered NOAA Weather Radio
- Flashlight
- First Aid Kit
- Extra Batteries
- Whistle (to signal for help)
- Dust Mask
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local Maps
- Cell phone with chargers
- Three days of medication
- Paper Towels



Types of Natural Disasters