

Numbers to know!



In Case of Emergency

Here is a list of things you should keep on your refrigerator in the event of an emergency:



- Name
- Address
- Telephone
- Allergies to medications
- Date of birth
- Major illnesses
- Names of emergency contacts and their phone numbers
- Doctor's name
- Doctor's phone number
- Health insurer
- Medicare #
- Any other important information
- **ALSO list any medications you are currently taking, dosage strength, how often you take them, and when you take them**
- Include the date you updated this information

Erie County Sheriff's Office:

(716) 858-2903

Buffalo City Police:

(716) 851-4444

In the event of an emergency, call:

911

For more information:

American Red Cross

redcross.org

1 (800) 733-2767

Centers for Disease Control

cdc.gov

(800) 232-4636

Federal Emergency Management Agency

fema.gov

1 (800) 621-3362

Disaster Help

disasterassistance.gov

1 (800) 621-3362

U.S. Department of Homeland Security

ready.gov

1(800) 621-3362

Humane Society of the United States

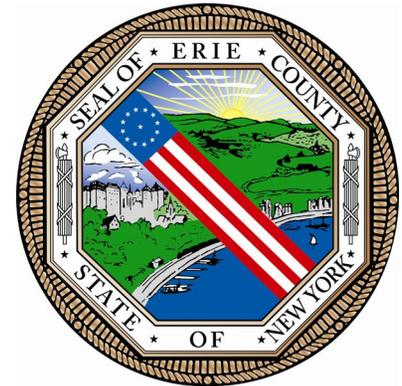
hsus.org/disaster

(202) 452-1100 or (866) 720-2676

ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES

Emergency Preparedness

Be Prepared for
an Emergency!



95 Franklin St.

13th Floor

Buffalo, NY 14202

(716) 858-8526

www2.erie.gov/seniorservices

Email: seniorinfo@erie.gov

Shopping!



What to pick up next time you are at the store:

- Non-perishable food– 3 days worth
- Bottled water– 1 gallon per person per day (at least 3 days worth)
- Battery powered radio
- Flashlight
- Extra Batteries
- Whistle– to signal for help
- Manual Can opener
- Matches/Lighter–store somewhere waterproof
- Cash– in case ATMs do not work
- Hygiene items such as toilet paper and toothbrush
- Wrench or pliers to turn off utilities if needed
- Emergency power bank to charge a cell phone
- If you have a pet, make sure you have extras of what they need

WHAT ELSE SHOULD I HAVE PREPARED?

⇒ **Clothing**

- Complete change of warm clothes per person
- Sturdy shoes/boots per person
- Blankets/Sleeping Bags per person
- Rain apparel/ winter jacket/ hats and gloves

⇒ **First Aid Kit**

- Sterile gloves and dressings
- Soap and or antibiotic towelettes
- Antibiotic and Burn ointment
- Band-Aids (many sizes)
- Thermometer
- Scissors
- Tweezers
- Eye wash solution
- Aspirin (or some other kind of pain reliever)
- Antacid and laxative



Also...

- Keep your phone charged at all times or have a land line phone that doesn't require electricity (likely will work when the power goes out)

Medications!



- Have extra prescriptions readily available–at least 3 days worth
- If oxygen tank is needed-be sure to get a portable tank

To make and share an emergency plan for you and your loved ones, and to also receive information during emergencies, get the:

[ReadyErie Preparedness app](#)
www.erie.gov/ReadyERIE