POTO AU PITO
Tongan

¡PUEDES!
Spanish

HIKI NO
Hawaiian

KOMAROÑ
Marshallese

MABALIN
Ilocano

你可以
Chinese

YOU CAN!

A Safety and Readiness Guide for Kaua`i Seniors

2007

PUWEDE
Tagalog

당신은 할 수 있다
Korean

"EN KOPWE"
Chuckese

できる
Japanese

VOCÊ PODE
Portuguese

By:
Amelia Forrest Kaye
Kaua`i Economic Opportunity, Inc.
Congressional Hunger Center

This document may be reprinted without restriction for those whom it will benefit.

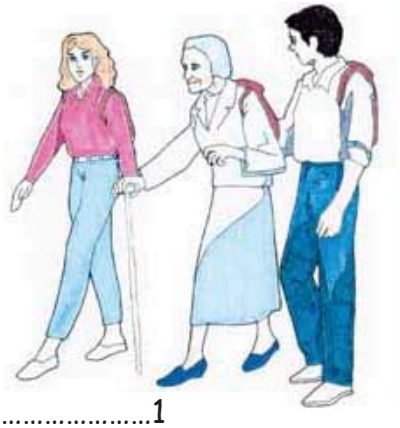
YOU CAN...
Be Prepared!

YOU CAN make every day a great day! You can talk story with the people you love. You can learn a new fact or a funny joke. You can do a favor for a friend or family member. You can eat tastier, more nutritious foods. You can work to improve your health. You can smile!

YOU CAN be prepared! Just before canoe paddlers dip their paddles into the water, and just before hula dancers begin their performance, they say *ho`omākaukau*—a Hawaiian term for "get ready." Life on Kaua`i means knowing that this beautiful garden island is sometimes vulnerable to changing weather conditions. Mother Nature is unpredictable but you can learn what to do to be ready. You can take responsibility for your safety. You can *ho`omākaukau*.

This is a guide to help you prepare. YOU CAN share it with your family and friends. Read on to discover the easy things that YOU CAN do today to keep yourself safe, happy, and ready.

YOU CAN...
Find What You Need!



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Amelia Forrest Kaye is a Bill Emerson National Hunger Fellow who worked at Kaua`i Economic Opportunity, Inc. to find innovative ways to address the needs of Kaua`i's elderly population. She intended this guide as a way to disseminate important disaster preparedness information and thereby empower people with knowledge.

YOU CAN...

Get a Whistle and Flashlight!

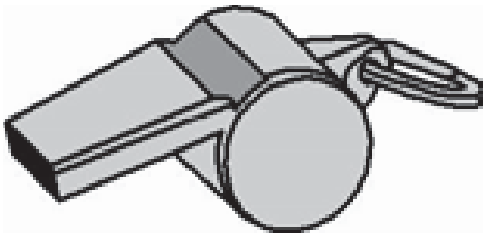
YOUR FLASHLIGHT WILL HELP WITH MORE THAN JUST FINDING YOUR WAY.

- Use this simple code to communicate: 1 flash for "Yes", 2 flashes for "No", 3 flashes for "Help!"
- Flashlights are very effective at getting someone's attention, or directing traffic
- Use flashlights to see AND TO BE SEEN.

A whistle and flashlight give anyone their own personal alerting & warning system.

Use a flashlight for:
- Being seen/ getting attention
- Seeing in the dark
- Communication device
- Guidance device

Use a whistle to:
- Call for help
- Give a warning
- Stay in communication
- Signaling device

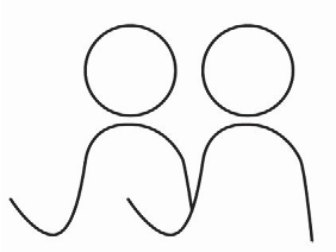


A WHISTLE IS ALSO A VALUABLE COMMUNICATION TOOL.

- The same code works for whistles: 1 blow for "Yes", 2 blows for "No", 3 blows for "Help!"
- A whistle's sound will carry much further than your voice, and it will last longer
- Use a whistle as a warning signal

You can carry a flashlight and a whistle with you at all times! Get a keychain-sized pair to fit in your pocket. Be sure to get LED flashlights for a long battery life!

Source: CARD (Collaborating Agencies Responding to Disasters) (510) 451-3140



YOU CAN...
Know whom to call!

1. HAVE A BUDDY

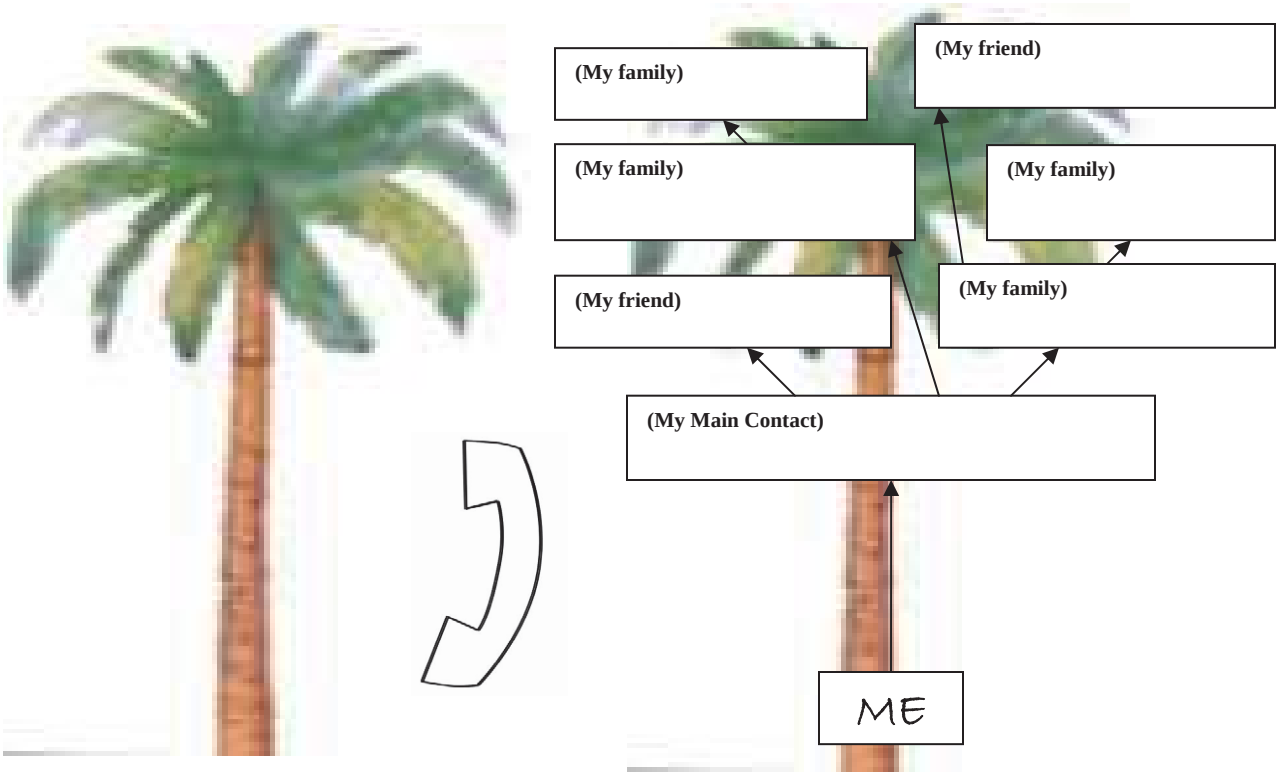
Ask a friend, neighbor, or family member to be your check-in buddy. Find someone who will agree to call you every day to check in on you...if you ever miss the phone call, they will come looking to make sure you're safe.

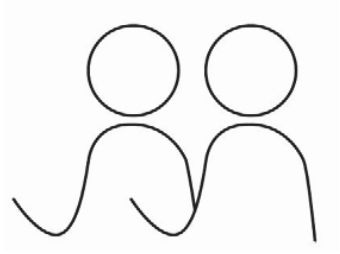
MY BUDDY'S NAME _____

MY BUDDY'S PHONE NUMBER_____

2. MAKE A SAFETY TREE

Think about the people you care about – and the people who care about you. List the names and phone numbers of the most important people to call (Include an off-island friend). Pick one person to be your main contact and let everyone know who it will be. This way, everyone will know whom to call to find out if you're all right.





YOU CAN...

Talk to Community Agencies

Kaua`i Economic Opportunity, Inc. (KEO): (808) 245-4077

Financial, housing, employment, and nutrition services

Kaua`i County Agency on Elderly Affairs: (808) 241-4470

Information on senior resources and community outreach

Kaua`i Civil Defense Agency: (808) 241-1800

Federal, state, and local disaster preparation, evacuation, and response

Kaua`i County American Red Cross: (808) 245-4919

Disaster preparedness and response services

Kaua`i District Health Office: (808) 241-3614

Public health assistance

Adult Mental Health Division Access Line: (800) 753-6879

Department of Health Emergency Services for Crises

Kaua`i County Transportation Agency: (808) 241-6410

Kupuna Care door-to-door bus transportation

YOU CAN...

Make your home safe!

A Safe Home Is a Happy Home

6 STEPS TO KEEP YOUR HOME SAFE

CLEAR the clutter from hallways and exit paths.

MOVE heavy furniture away from couches, beds and places where people sit or sleep.

INSTALL latches on kitchen cabinets and drawers to secure contents inside.

STORE all flammable objects away from the stove and electrical appliances.

PLACE fragile items away from the edges of tables and shelves.

REMOVE electrical devices, such as hair-dryers, shavers, and electric toothbrushes, from water sources, such as showers and sinks.

Ask your strong grandchildren for help!

What if the furniture is too heavy for me to move?

Source: CARD (Collaborating Agencies Responding to Disasters) (510) 451-3140

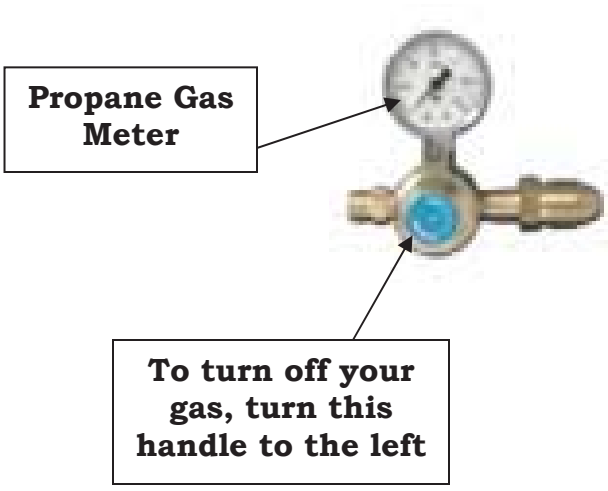
YOU CAN...
Shut Off Your Gas!

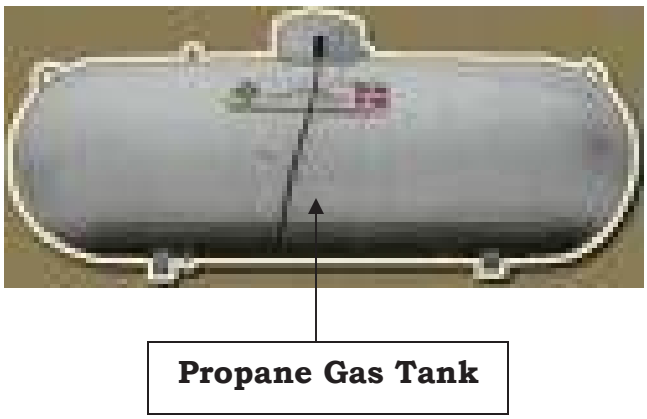
Find your propane tank and the gas shutoff valve, and learn how it works.

After an emergency or accident, shut off your gas IF you:

HEAR IT	SEE IT	SMELL IT
A hissing noise	Dirt blowing	Odor of gas
It sounds like air leaking out of a balloon!	Flames or smoke coming from the ground	Gas smells like rotten eggs!

REMEMBER: DO NOT TURN YOUR GAS BACK ON!
Only the Gas Company can do so safely.



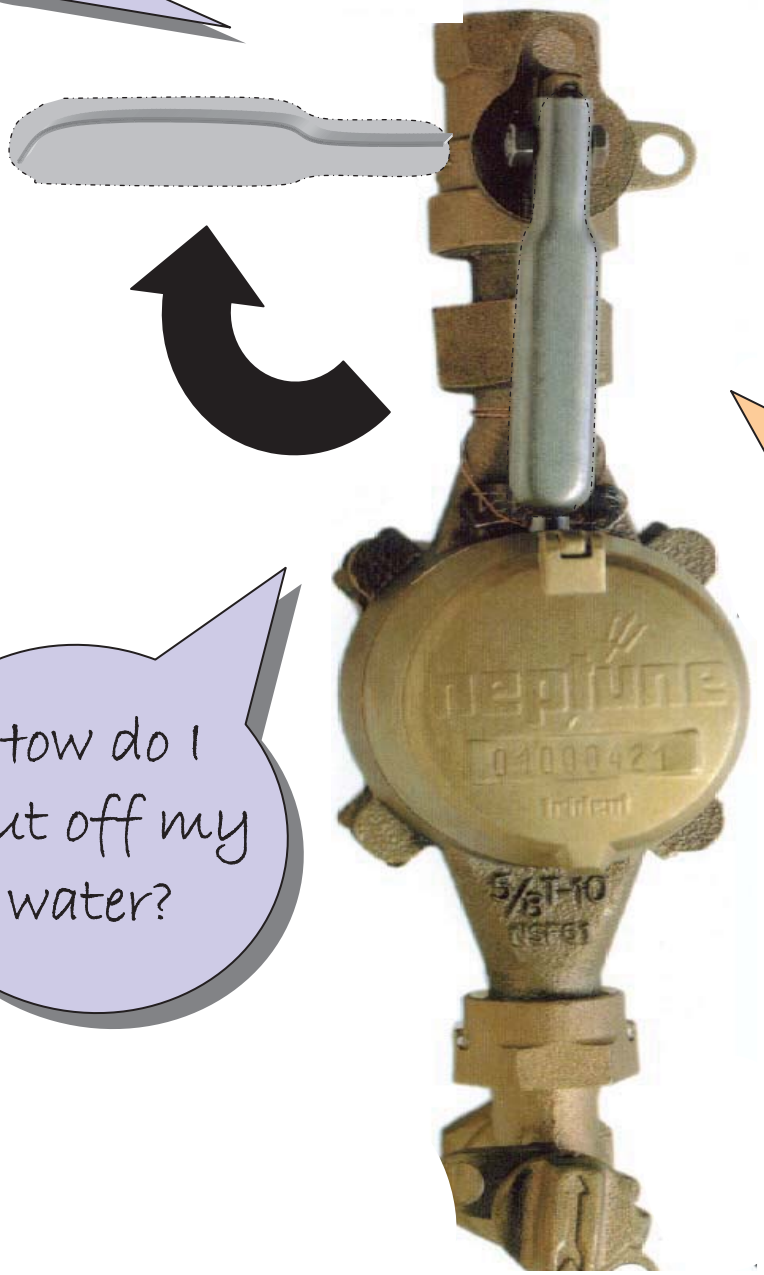


Source: The Gas Company, Kaua`i Branch (808) 245-3301

YOU CAN...
Shut Off Your Water!

Where is my water meter located?

It's in a box outside where your front yard borders the street.



Rotate this metal bar clockwise, so it is at a right angle to the water meter

How do I shut off my water?

Remember: Each step you take adds to your safety!

Source: Kaua`i County Department of Water (808) 245-5444

YOU CAN...

Shut Off Your Electricity!

FIND THE LOCATION OF YOUR METER BOX

To shut off your MAIN BREAKER locate your box on the outside of your home - sometimes attached to your home, sometimes located elsewhere on your property.

Your main breaker is usually located under the metal cover of your electric meter box.

Turn switch to "OFF" position.

Kaua'i Island Utility Cooperative
Your Touchstone Energy® Cooperative

The power of human connections®

Sources: Kaua`i Island Utility Cooperative (808) 246-4300
US Department of Homeland Security www.ready.gov

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What's "Shelter-in-place?"

YOU CAN...
Shelter-in-Place!

It's how to stay safe inside your home!

If instructed to, if you hear warning sirens, or if you cannot leave your home, you can shelter in place!

- ☐ SHELTER: Go inside the nearest building on high ground, away from the coast, to find protection from the outside.

- ☐ SHUT - Close all doors and windows.
- ☐ LISTEN – to radio and TV or for public announcements.

- ☐ Close all vents. *Keep inside air in and the outside air out.*
- ☐ Cover mouth and nose with a damp cloth or dust mask.
- ☐ Turn off all motors and fans. *Non-moving air is best. Turn off anything that creates wind, generates extra heat, or could generate sparks.*
- ☐ When possible, choose a room with bathroom facilities and water. *Bring your emergency supplies to prepare to shelter-in-place for several hours.*
- ☐ Select a room with as few windows as possible. *Think of each wall as a blockade, protecting you from the outside. Seal any cracks or spaces with damp towels, duct tape or other barriers.*
- ☐ Remain sheltered until the "all-clear" radio message is given.

Sources: Kaua`i Civil Defense Agency (808) 241-1800
CARD (Collaborating Agencies Responding to Disasters) (510) 451-3140

YOU CAN...

Create an Evacuation Plan

Talk with your family and friends. Plan a nearby location where you can all meet in the case of an evacuation.

If you hear an **EMERGENCY SIREN**, turn on your radio or TV for more information.

SHELTERS

Evacuation Zone #1: Waimea-Kekaha

Kekaha Elementary School
(Not for Tsunami)
8140 Kekaha Rd. Kekaha

Waimea Canyon Elem. & Inter.
9555 Huakai Rd. Waimea

Waimea High School
9707 Tsuchiya Rd. Waimea.

Evacuation Zone #2: Koloa-Lawai-Kalaheo-Ele`ele

Koloa Elementary School
3223 Poipu Rd. Koloa

Eleele Elementary School
4750 Uliuli Rd. Ele`ele

Kalaheo Elementary School
4400 Maka Rd. Kalaheo

Evacuation Zone #3: Lihue

Kaua`i Community College
3-1901 Kaumuali`i Hwy.

Kaua`i High School
3577 Lala Rd.

King Kaumuali`i Elementary School
4380 Hanama`ulu Rd.

Convention Hall
4191 Hardy St.

Wilcox Elementary School
4319 Hardy St.

Evacuation Zone #4: Kapa`a

Kapa`a High School
4695 Mailihuna Rd.

Kapa`a Elementary School
4886 Kawaihau Rd.

Kapa`a Middle School
4867 Olohena Rd.

Evacuation Zone #5: Princeville-Kilauea

Kilauea Elem. School
2440 Kolo Rd.

Kilauea Neighborhood Ctr.
2460 Keneke St.

Source: US Department of Homeland Security, www.ready.gov; Kaua`i Civil Defense Agency, (808) 241-1800

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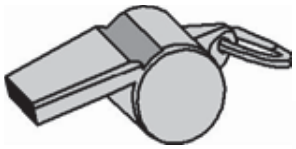
What's a "Go Kit?"

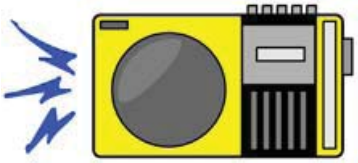
It's a personal safety kit you can carry. Just grab it and go!

Create a Go Kit!

Your Personal Go-Kit Top Twelve!

Keep a "Go-Kit" in your home, work, and car — if an emergency strikes, you just pick up the kit and GO! Here is a list of the top twelve items that should be in your bag:





Food

Water

Clothes

Flashlight

Whistle

Duct Tape

Garbage Bags

Radio and Batteries

First Aid Kit

Identification Papers

Pillow and Blanket

Personal Support Items
(i.e. medication, eyeglasses, hearing aid)

Put your Go-Kit in a water-safe bag or container so it doesn't get wet!

Sources: CARD (Collaborating Agencies Responding to Disasters) (510) 451-3140
Hawaii Red Cross, (808) 245-4919

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YOU CAN…
Gather Supplies for your Go-Kit

Water:
Keep several small packets instead of one large bottle.

Food:
Pick foods that you like! Choose items that do not need to be cooked. Make sure to store a can opener! Or buy flip-top cans.

First-Aid Kit:
Include band-aids, anti-bacterial ointment, and sterile alcohol swabs.

Essential medications/eyeglasses/hearing aids:
Store an emergency supply of medication in your go-kit. Write down the dosage schedule so you don't forget!
Keep a spare pair of eyeglasses, hearing aids (and their batteries!) and medical prescriptions. Know where you store your cane, walker, or wheelchair, so you can access it quickly when needed.

AM/FM radio (with extra batteries):
Small, battery-powered radios are the least expensive.

Clothes:
Several light layers are better than bulky garments. Choose a poncho or rain-jacket to keep you dry.

Pack sturdy shoes and comfortable clothing!

Tissues/toilet paper/wet-wipes:
Store in a zip-top bag to protect from dirt and moisture.

Garbage bags/plastic bags and duct tape:
They can help solve many problems! You can use them for: emergency rain gear; toilets and sanitation when plumbing doesn't work; a bag for valuables; to carry water; to seal cracks in doors and windows; or as privacy screens.

Scissors:
Use with care!

Source: CARD (Collaborating Agencies Responding to Disasters), (510) 451-3140
US Department of Homeland Security, www.ready.gov;
Kaua`i Civil Defense Agency, (808) 241-1800

Auntie, what do you want for Christmas?

I have you! I don't need anything else.

Well, can I at least get you something little?

Well, I'd love some safety supplies or a smoke detector!

YOU CAN...

Ask your family for Preparedness Supplies

Are you concerned about the cost or work involved in getting important supplies?

Do you find that your friends and loved ones sometimes give you gifts you don't want, need or use?

Ask them to help you become *safe* and *prepared* by giving you some of the life-saving, time-saving or just stress-saving things you need.

It is truly a gift of love to give someone smoke detectors, a cell phone, or any of the items that belong in a Go Kit.

Source: CARD (Collaborating Agencies Responding to Disasters) (510) 451-3140

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YOU CAN...

Store Food!

Choose foods you enjoy!

Canned meats (low-fat)

Pasta, rice

Cereal or granola

Nuts, crackers

Dried Fruits

Peanut butter

Powdered nonfat milk

Canned/Boxed Fruit Juices

Canned vegetables (low-sodium)

Vitamins

Avoid salty foods, they will make you thirsty!

Select foods that require no refrigeration, preparation or cooking, and little or no water.

Remember a manual can-opener!

Source: CARD (Collaborating Agencies Responding to Disasters), (510) 451-3140
US Department of Homeland Security, www.ready.gov;
Kaua`i Civil Defense Agency, (808) 241-1800
Hawai`i Red Cross, www.hawaiiredcross.org

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For about $1, you can make photocopies of your vital papers!

YOU CAN...

Protect your Important Documents!

Put photocopies in a zip-top bag to protect from water and dirt!

- ☐ Copies of credit cards / bank account information
- ☐ State Identification card or Driver's License
- ☐ Medical insurance; Medicare cards; Medicaid cards
- ☐ Last will and testament

Medical Information List

Please complete this form and distribute copies to your Buddy and your important contacts.

Primary Physician:	Telephone number:
Address:	
Type of Health Insurance:	Policy number:
Allergies:	
Medical conditions and physical limitations:	
Medications:	Dosages:

Source: US Department of Health & Human Services Office on Disability
US Department of Homeland Security, www.ready.gov;
Kaua`i Civil Defense Agency, (808) 241-1800
Federal Emergency Management Agency, www.fema.gov

YOU CAN...

Share your Sucesses!

When I was very young, I learned the importance of storing extra food in my pantry in the case of an emergency. When Hurricane Iniki struck the island, my family knew where to find good food—they came to *me*!
~Auntie from Lihue

As soon as we heard news of the heavy storm approaching the island, I called my son and we went out to our taro fields to rescue as much of the crop as we could. We were just in time! We ate poi until we were sick of it, but at least we had food!
~Uncle from Hanalei

During the forty days and forty nights of rain, water started to leak through my walls. I asked for help from the nice man who lives next door. He brought over duct tape and garbage bags, and he stopped the leaks!
-Auntie from Kapa`a

My wife grows fruits and vegetables in her garden. I always teased her for spending more time with the plants than with me! But during the Hurricane, the papayas, tomatoes, okra and green onions were a welcome relief from all the canned food!
-Uncle from Anahola

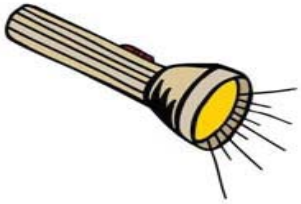
I was afraid to leave my house, but I lived close to the water and knew I was in danger. I called my friend in Kalaheo, and she came over and picked me up! She let me stay with her for over a month, until it stopped raining and we could repair my house.
-Auntie from Koloa

Got a flashlight? You can use it to get help, warn someone of a danger, or as a signaling device

YOU CAN...

Be Prepared Everyday!

Flashlight signals:
1 = yes
2 = no
3 = help!



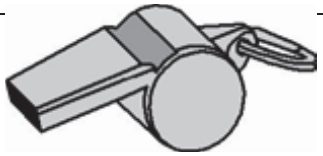
Five Easy Things You Can Do to Be Prepared:

- ☐ **CARRY** a keychain flashlight and whistle with you everywhere
- ☐ **NOTE** important information—contacts and resources—and keep it safe
- ☐ **ASK** about preparedness—at your neighborhood center, at your doctor's office, at your local grocery store
- ☐ **TELL** people what they need to know—how to contact you, how to evacuate, how to prepare
- ☐ **PACK** a go-kit that you can carry with you to leave safely in a hurry

Where should I...?

Go to...

A whistle is louder than your voice! It will last longer and get noticed.



Whistle signals:
1 blow = yes
2 blows = no
3 blows = help!

Source: Kaua`i Civil Defense Agency (808) 241-1800
CARD (Collaborating Agencies Responding to Disasters) (510) 451-3140
Hawai`i Red Cross, Kaua`i County (808) 245-4919

YOU CAN...

Get More Information!

Kaua`i Economic Opportunity, Inc. / 808.245.4077 / keo@keoinc.org
2804 Wehe Road. Lihue, HI 96766

Kaua`i County Agency on Elderly Affairs / 808.241.4470 /
Pi`ikoi Building. 4444 Rice St, #330. Lihue, HI 96766

Hawai`i Red Cross, Kaua`i County / 808.245.4919 /
4371 Puaole Street, Suite A. Lihue, HI 96766 / www.hawaiiredcross.org

Kaua`i Civil Defense Agency / 808.241-1800 /
Suite 100, 3990 Ka`ana Street. Lihue, HI 96766

Kaua`i District Health Office /808.241.3614 /
3040 Umi Street. Lihue, HI 96766

The Gas Company (Kaua`i) / 808.245.3301 / www.hawaiigas.com /
3990 Rice Street. Lihue, HI 96766

Kaua`i Island Utility Cooperative / 808.246.4300 /
4463 Pahe`e Street, Suite 1. Lihue, HI 96766

Kaua`i County Department of Water / 808.245.5444 /
www.kauaiwater.org / 4398 Pua Loke Street. Lihue, HI 96766

CARD (Collaborating Agencies Responding to Disasters) /
510.451.3140 / www.firstvictims.org

US Department of Homeland Security / 202.282.8000 /www.ready.gov

Federal Emergency Management Agency / www.fema.gov

US Department of Health & Human Services Office on Disability /
www.hhs.gov/od