



FIRST AID

- General first-aid kit
- 14 days of prescription medications
- 14 days of vitamins
- 14 days of over-the-counter medications
- Antibacterial soap
- Antibacterial hand sanitizer
- Antibacterial ointment
- Band-Aids/bandages/medical tape
- Large pair of scissors
- Mosquito repellent
- Sunscreen
- Whistle
- Dust masks
- Sanitary wipes

HOME ESSENTIALS

- Generator (if possible) & gasoline
- Flashlights
- Batteries
- Ice chest/ice for food preservation
- Battery-operated NOAA radio
- Car charger for mobile phones
- Toilet Paper
- Waterproof matches/lighter
- Candles
- Grill/charcoal/lighter fluid
- Sealed waterproof container
- Manual can/bottle opener
- Fire extinguisher
- Paper flatware/utensils
- Clean clothing/blankets/sleeping bags
- Duct tape/tarps/rope
- Garbage/ziploc bags
- Tool kit
- Local maps
- Cash/checks
- Important documents (insurance/medical/IDs/etc.)

WATER

- A gallon per person daily for 4+ days
- A gallon per person daily for 4+ days
- A gallon per pet daily for 4+ days

FOOD

- Non-perishable foods
- Canned meats
- Canned fruits/veggies
- Canned /powdered milk
- Peanut butter /jelly
- Cereal/oatmeal
- Canned soup
- Baby formula/food
- Instant coffee/tea
- Trail mix/granola bars/nuts
- Pet food
- Bread/Crackers
- Snacks



TREEMONT

Retirement Community
and Health Care Center

www.Treemont.com

Contact **Lupe** or **Linda** for Independent Living info at
(713) 783-6820

Or

Kelli for Skilled Rehab and Assisted Living info at
(713) 783-4100

We are here to keep you and your loved ones safe, fed, entertained, and cared for during these times. Living at Treemont and/or having services with Senior Allegiance provides a layer of comfort since the community works with you in preparation for all types of emergencies.

Treemont is located on higher ground and has not had building flooding during hurricanes. Treemont has a power generator that can keep our skilled nursing/assisted living building and kitchen refrigerators and freezer operational. From that we can also power our phone system for the front office and connect some lighting for the lobby area. Treemont staff will be present to distribute flashlights and attend to resident needs. Treemont has extra water on hand and continues to provide meals to residents. If power is out, and residents are unable to walk stairs, meals are delivered to their apartments. Treemont does what it can to make sure residents are attended to during power outages.

