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## **[Disaster Preparedness: For Seniors By Seniors](#)**

[Disaster Preparedness: For Seniors By Seniors](#) is an easy-to-use disaster preparedness guide from the American Red Cross. This comprehensive disaster preparedness guide provides helpful information and strategies. Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or be confined to your home.

Learn how to protect yourself and cope with disaster by planning ahead with this 32-page guide from the American Red Cross that walks you through all of the steps to prepare by providing checklists for kits, making a plan, and staying informed. Consider downloading and printing this guide for yourself, friends, families, and neighbors. It could save a life!