



**American  
Red Cross**

Cape Cod and Islands Chapter

286 South Street  
Hyannis, MA 02601  
Phone: (508) 775-1540  
Or (866) 762-1928

*Media Alert*  
**MEDIA ALERT**

**Contact:** Erica Waasdorp  
info@cciredcross.org  
(508) 775-1540 x 21

***American Red Cross Disaster Publishes Preparedness Guide for Seniors by Seniors***

Hyannis, MA August 2, 2008- The American Red Cross, Cape and Islands Chapter recently published a guide on **Disaster Preparedness for Seniors by Seniors**. To download your personal copy, go to [capecodandislandsredcross.org](http://capecodandislandsredcross.org).

It is important for people any age, but especially seniors, to be educated on how to protect themselves and cope with a disaster by being prepared. It's important to know where to go, whom to call, and have medical supplies such as medication and oxygen ready in case of a disaster.

In addition to this special Disaster Preparedness Guide, the web site [capecodandislandsredcross.org](http://capecodandislandsredcross.org) also provides a full list of shelters, the shelter map for Cape Cod, the Be Red Cross Ready Guide in English and Portuguese and other helpful hints, all aimed at the Chapter's goal of ensuring that people are prepared in the case of a disaster.

Finally, volunteers are available to organize special group disaster preparedness presentations.

To schedule a presentation or to request an individual paper copy of the Disaster Preparedness Guide for Seniors by Seniors, please call the Cape Cod & Islands Chapter at (508) 775-1540, email: [info@cciredcross.org](mailto:info@cciredcross.org) or write to: 286 South Street, Hyannis, MA 02601. All information is available online at [capecodandislandsredcross.org](http://capecodandislandsredcross.org)

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