

Knowing what to do to protect yourself and your household is essential.

Immediately after an emergency, essential services may be cut off and local disaster relief and government responders may not be able to reach you right away. Knowing what to do to protect yourself and your household is essential.

### EMERGENCY PLANNING FOR PEOPLE WITH SPECIAL NEEDS

- Find out about special assistance that may be available in your community. Contact your Office of Emergency Management or fire department so they are aware of your special needs.
- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure they know how to operate necessary medical equipment.
- Discuss your needs with your employer.
- If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exits clearly. If needed, make arrangements to help you evacuate the building.
- Keep an extra wheelchair, batteries, oxygen, catheters, medication, food for service animals, or other items you might need. Also, keep a list of medicines and the type and model numbers of medical devices you need.
- Those who are not disabled should learn who in their neighborhood or building is disabled so that they may assist them during emergencies.
- If you are a care-giver for a person with special needs, make sure you have a plan to communicate if an emergency occurs.

### EVACUATIONS

Listen to your radio and TV broadcasts to learn if you need to evacuate. Sirens, public address systems or telephone calls may also be used to notify you. Government agencies, the American Red Cross, and other disaster relief organizations provide emergency shelter and supplies. Many disasters allow no time for people to gather even the most basic necessities. **This is why you should prepare now.**

### PLANNING FOR EVACUATION

1. Learn local routes that may be used for evacuations and bring a road map.
2. Plan where you would go if you had to leave the community.
3. Plan a place to meet your household in case you are separated from one another in a disaster.
4. Find out where children will be sent if schools are evacuated.
5. Take your disaster supply kit with you.
6. Keep the fuel tank in your car full.
7. Have the tools and know how to shut off your home's utilities.

### WHAT TO DO WHEN YOU ARE TOLD TO EVACUATE

Listen to a battery-powered radio and follow local instructions. Take one car per household. Follow these steps:

1. Take your disaster supply kit.
2. Wear sturdy shoes and clothing that provides some protection.
3. Close and lock doors and windows. Take necessary action to prevent frozen water pipes.
4. Turn off the main water valve and electricity if instructed to do so.
5. Leave early enough to avoid being trapped by severe weather.
6. Follow recommended evacuation routes.
7. Bring medicines or special medical supplies that you need.

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## Emergency Planning

Together We Prepare



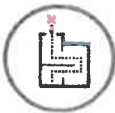
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Together, we can save a life.

## Together We Prepare

### MAKE A PLAN



One of the most important steps you can take in preparing for emergencies is to develop a household disaster plan.

- Learn about disasters and other emergencies that could occur in your community from your local emergency management office or American Red Cross chapter.
- Discuss with your family the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team.
- Choose two places to meet after a disaster: right outside your home, in case of a sudden emergency, and outside your neighborhood, if you cannot return home or are told to evacuate.
- Learn how to turn off utilities such as electricity, gas and water.
- Have a fire extinguisher and know how to use it.
- Everyone in the household should have emergency contact information with them.
- Be sure to include out-of-town contacts because it may be easier to call out of the area when local phone lines are out of service.

### GET TRAINED



Learning simple first aid and CPR techniques can give you the skills to help anyone in your home, your neighborhood or at work.

At least one member of your household should be trained in first aid, CPR and use of an automated external defibrillator (AED).

Before providing aid, remember to:

- Check the scene for safety and the victim for life-threatening conditions.

- Call 9-1-1 or your local emergency number and request professional assistance.
- Care for the victim if you can reach the person safely.

### BUILD A KIT



Plan on storing enough supplies for everyone in your household for at least three days.

- Water – have at least one gallon per person per day.
- Food—non-perishable, high protein items.
- Flashlight with extra batteries.
- First aid kit and reference guide.
- Medications – both prescription and non-prescription items.
- Battery-operated radio with extra batteries.
- Tools such as a wrench to turn off the gas, a manual can opener, screwdriver, etc.
- Personal items such as eyeglasses, copies of important papers and comfort items.
- Sanitary supplies and personal hygiene items.
- Money – have cash since ATMs and credit cards may not work if power is out.
- Contact information for family members and a designated person out of the area to serve as a family connection point.
- Pet supplies – if you have a pet.
- Area map.



### VOLUNTEER



Contact local agencies in your community to ask how you can help.

## Sheltering in Place

Local officials may advise you to shelter in place if chemical or airborne hazards are detected.

1. Close and lock all windows and exterior doors.
2. Turn off all fans, heating and air conditioning systems.
3. Close the fireplace damper.
4. Get your disaster supply kit out and make sure the radio is working.
5. Go to an interior room without windows that is above ground level.
6. If instructed, use duct tape to seal all cracks around the door and any vents into the room.
7. Listen to your radio or television for further instructions.

## Going to a Shelter

The American Red Cross, assisted by community and other disaster relief groups, works with local authorities to set up public shelters in schools, municipal buildings and churches.



Remember to:

1. Cooperate with shelter managers and others staying in the shelter. Living with many people in a confined space can be difficult.
2. Restrict smoking to designated areas that are well-ventilated.
3. Do not bring alcoholic beverages or weapons, which are prohibited in shelters. Pets, except for service animals, are also not allowed in public shelters.
4. Bring your disaster supply kits.