

# PREPARING MAKES SENSE –

## GET READY NOW!

[http://www.fema.gov/media-library-data/1390849866881-33d608585d1e0e55ff6fbbb1ad6f4765/ready\\_Disabilities\\_R-6\\_2014.pdf](http://www.fema.gov/media-library-data/1390849866881-33d608585d1e0e55ff6fbbb1ad6f4765/ready_Disabilities_R-6_2014.pdf)

This is for a FEMA brochure described (in part) below.

**LEADERSHIP is about being prepared** for the most common things that can happen – that includes emergencies when you are leading a group. No one can be prepared for everything, but a little bit of prep goes a long way towards keeping you – AND YOUR GROUP – safe!

Each person's abilities and needs are unique. Every individual, even people with the most significant disabilities, must take steps to prepare for all kinds of emergencies from fires and floods to tornados and potential terrorist attacks.

By evaluating your own personal needs and making an emergency plan that fits those needs, you – and the people around you – will be better prepared.

This guide outlines commonsense measures that people with disabilities can take to start preparing for emergencies before they happen.

## GET READY NOW!

### DON'T PUT IT OFF!

## GET READY NOW!

# 1. MAKE A KIT

## of Emergency Supplies

This is the first step to being prepared for emergencies. You make it to fit your own individual needs. Think about what you might need if you had to evacuate in a hurry, and stay away from your house for at least three days. Then, think about what you would need if you had to stay at home for three days or longer.

## **A basic emergency supply kit might include the following items**

### **(\*recommended):**

- **\*Water, one gallon of water per person per day for at least three days, for drinking and sanitation (don't forget your service animals & pets)**
- **\*Food, at least a three-day supply of non-perishable food (don't forget your service animals & pets)**
- **\*Any needed medications, at least a three-day supply, for each person**
- **\*Flashlight and extra batteries**
- **\*First aid kit**
- **Dust mask to help filter contaminated air**
- **Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- **Cell phone with charger, AND extra batteries, or solar or crank chargers**
- **Whistle to signal for help**
- **Plastic sheeting and duct tape to shelter-in-place**
- **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- **Wrench or pliers to turn off utilities**
- **Manual can opener for food**
- **Local maps**

# **2. MAKE A PLAN**

## **For What You Will Do in an Emergency For Yourself and those You Lead?**

**The reality of a disaster is that you will likely NOT have access to everyday conveniences (bathroom facilities, electricity, heat/AC, maybe food & drinking water, etc.). The best way you survive is to plan in advance and to think through the details of your everyday life. That is what Emergency Preparedness is all about. As a LEADER, here are some questions to start thinking about:**

- **If there are people who need assistance 24/7 in your group, how would you provide for them in an emergency?**

- If there are people who require accessible transportation, what other types of transportation could be used in an emergency?
- If there are people who are dependent on life-sustaining equipment (like oxygen) or treatment (like a dialysis), as the LEADER, what might your plan be?
- As the LEADER, if you have devices or aids specific to your disability, plan how you would cope without them. For example, if you use a power wheelchair and there was no electricity due to a storm – as the LEADER of the meeting, what would your plan be?

# **3. BE INFORMED**

## **About What Is Happening**

Regardless of the type of emergency, you can do to prepare for the unexpected, by assembling an emergency supply kit and making an emergency plan. It's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. You will need to go over this material at home. Sheltering “in-home” vs “evacuating” can save your life for a chemical spill, and it is different for every type of disaster.

There are many tips to make disasters more survivable for people with different types of disabilities (lessons learned from 9/11 & Katrina survivors).

Above all, stay calm, be patient and think before you act, and make every effort to follow instructions received from authorities on the scene.