

**PREPARING MAKES
SENSE FOR PEOPLE
WITH DISABILITIES
AND SPECIAL NEEDS.
GET READY NOW.**



Ready[®] PA

www.readypa.org



The likelihood you and your family will recover from an emergency tomorrow depends on the planning and preparation done today. While everyone's abilities and needs are unique, everyone can take steps to prepare for any emergency, from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits your needs, you and your loved ones can be prepared. This guide outlines easy steps individuals with disabilities or special needs and their caregivers can take to start preparing for emergencies before they happen.

Get ready now.



RECOMMENDED SUPPLIES TO INCLUDE IN A BASIC KIT:

- **Water** – one gallon per person per day for at least three days, for drinking and sanitation
- **Food** – at least a three-day supply of non-perishable food
- **Cash** – ATMs won't work without electricity
- **Additional supply of prescription medication and dosage information**
- **Battery-powered radio and extra batteries**
- **Flashlight and extra batteries** for power outages
- **First aid kit** in case of injury
- **Whistle** to signal for help
- **Filter mask** or cotton T-shirt to help filter the air
- **Moist towelettes** for sanitation
- **Wrench or pliers** to turn off utilities
- **Manual can opener** for food
- **Plastic sheeting and duct tape** to shelter in place
- **Garbage bags and plastic ties** for personal sanitation
- **Unique family needs**, such as copies of medical insurance information, important family documents and pet supplies

1. BE INFORMED

Pennsylvania is prone to a wide variety of disasters and emergencies, including floods, fires, winter storms, hazardous material incidents, tornadoes and windstorms. You can learn about these threats and how to prepare for them by visiting www.readypa.org and downloading a copy of the Pennsylvania Emergency Preparedness Guide and brochure.

2. BE PREPARED

Once you are aware of the different disasters that can affect you, the next step is to make a plan and prepare a kit with emergency supplies so you and your family are ready.

Make a Plan. Your family may not be together when disaster strikes, so plan how you will contact each other and review what you will do in different situations. Assign a designated meeting place so your family will know where to meet if you are not in the same place. If you have medical treatments administered by a clinic or hospital, or if you receive regular services such as home health care, treatment or transportation, talk to your service providers about their emergency plans. If you use

medical equipment in your home that requires electricity to operate, talk to your health care provider and alert your local emergency manager about what you can do if there is a power outage. Establish a personal support network with the

names and numbers of friends, family and your medical providers. Remember to include information about any life-saving devices that you rely on, include it in your emergency kit as well, and also make sure a trusted friend or family member has a copy of the documents. If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Some local emergency management offices maintain registers of people with disabilities so you can be located and assisted quickly in a disaster. Contact your local emergency management agency to see if these services exist in your area. In addition, wearing medical alert tags or bracelets that identify your disability can be a crucial aid in an emergency situation.

ReadyPA has created a Family Emergency Plan template that you can download at www.readypa.org.

Get a Kit. In the event of an emergency, you should be prepared to make it on your own for at least three days. Although there are many things that might make you more comfortable, think about the essential things first, including food and water. You'll need a gallon of water per person per day. Include a three-day supply of non-perishable foods that are easy to store. If you take medicine or use a medical treatment on a daily basis, be sure you have what



you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage and treatment information. In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras at your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies. See the checklist in this brochure and visit www.readypa.org for the full list of recommended supplies and more easy tips on creating a kit.

3. BE INVOLVED

After preparing yourself and your family for possible disasters, take the next step and get involved in preparing your community. Join Citizen Corps, which actively involves citizens in making our communities and our state safer, stronger and better prepared. You can receive training in first aid and emergency skills and volunteer to support local emergency responders or help with disaster relief and community safety. We all have a role to play in keeping our hometowns prepared in the event of a disaster. For more information on Citizen Corps in Pennsylvania, the State Emergency Registry of Volunteers in PA (SERVPA) and other ways you can help prepare your community and get involved, go to www.readypa.org.

Make sure your family has a plan in case of an emergency. Keep a copy of this important contact **information** in your emergency supply kit or another safe place where you can **easily** access it in the event of a disaster.

Out-of-Town Contact

Name: _____

Telephone #: _____

Email: _____

Neighborhood Meeting Place

Evacuation Location: _____

Telephone #: _____

Other Important Information

Doctor(s)

Name: _____

Telephone #: _____

Pharmacy

Name: _____

Telephone #: _____

Medical Insurance

Name: _____

Telephone #: _____

Policy #: _____

Homeowners/Rental Insurance

Name: _____

Telephone #: _____

Policy #: _____

Veterinarian

Name: _____

Telephone #: _____