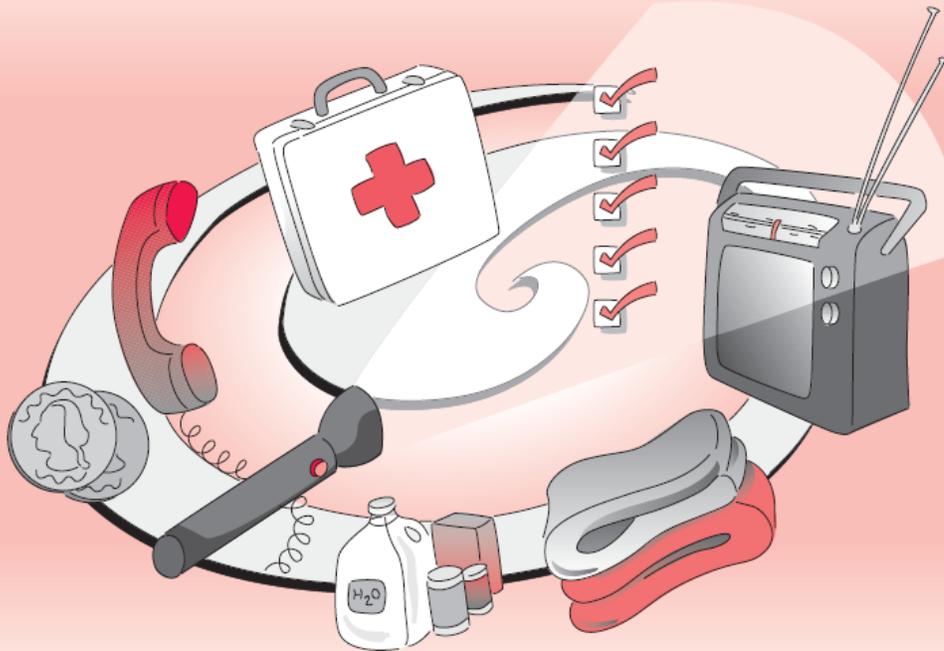


Family **Emergency** **Preparedness** *Plan*



FAMILY NAME

DATE PREPARED

NEXT REVIEW DATE

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Why Plan?

This Family Emergency Preparedness Plan is designed to help IP employees and their families develop a family plan for emergencies.

The National Capitol Region (NCR) is subject to a number of potential natural disasters such as fires, flooding, severe storms, dam failures, and hurricanes. While we all hope that such occurrences never happen, it has been shown time and time again that being prepared for disasters is essential to survival. Emergency services and government agencies may not be able to respond to your needs immediately. Government buildings, equipment, personnel, communications, and mobility may be severely hampered by the event and systems will be overwhelmed. It is up to individuals to plan to be without services or help for a minimum of three days.

We cannot stop these disasters from occurring, but we can limit their impact on us and those we love. Contrary to what you may think, the chances of being killed or injured in a disaster are very low. More likely you will be unable to live normally in your home. It may be damaged and let in the weather, it may be cold with no heat, you may have no power or water, or it may not even be safe for you to go back into. In short, disasters make life very uncomfortable. Proper planning and preparation will help you and your family be more comfortable in the event that your home is damaged, or you can't get back into it. Think of it as a "quality of life" issue. The most important concept in developing a **family emergency preparedness plan** is communication. Every member of the family needs to be involved so that when disaster strikes, everyone will know what to do. How well you manage the aftermath of disaster depends a great deal on your level of preparedness when disaster strikes.

In the following pages you will find a step-by-step guide to disaster planning along with other essential information you will need in building a comprehensive family emergency preparedness plan. Be sure to involve all the members of your household when developing your preparedness plan. A plan will only work when everyone knows about it and agrees to operate within its guidelines. Once your family is prepared, it is time to look to your neighbors. In times of disaster your neighbors will probably be the first ones available to come to your aid. Find out before disaster strikes what resources you share and how you can work together for the good of one another. Good luck! And don't forget to review your plan annually.¹

Prepare... *Because you care*

¹ Washington State Military Department, Emergency Management Division

FOUR STEPS TO DISASTER PLANNING

1 Find Out What Disasters Could Happen To You

- Ask what types of disasters are most likely to happen in your area.

Learn about your community's warning signals: what they sound like and what you should do when you hear them. Also, learn which radio stations will provide emergency information for your area.

Find out how to help elderly or disabled persons, if needed.

Find out about the disaster plan at your (and your spouse's) workplace, your children's school or childcare center and other places your family frequents.

2 Create A Disaster Plan

Meet with your family and discuss why you need to prepare for disaster.

Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.

- Discuss what to do in an evacuation. Plan to take care of your pets.

- Ask an out-of-area friend or relative to be your "family contact." often easier to call long distance following a disaster.

- Pick two places to meet:
 1. Right outside your home in case of fire.
 2. Outside your neighborhood in case you can't return. Everyone must know the address and phone number.

Address: _____

Phone number: _____

3 Put Your Plan Into Action

- Post emergency telephone numbers by phones.
- Teach children how and when to call 911 or your local emergency medical services number for emergency help.
- Show each family member how and when to turn off the and electricity at the main switches.
- Check for adequate insurance coverage.
- Install an ABC type fire extinguisher in your home, teach family members to use it, and show them where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a disaster supplies
- Take a first aid and CPR class.
- Determine the best escape routes from your home. Find two of each room.
- Find safe spots in your home for each type of disaster.

4 Practice and Maintain Your Plan

- Review your plans every six months so everyone remembers what to do.
- Conduct fire and emergency evacuation drills.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly. Change the batteries every six months and clean the dust from the detector each time you change batteries.
Date of last battery change: _____
Next battery change due: _____
- Replace stored water and food every six months.
Date of last rotation: _____
Date of next rotation: _____



Prepare Your Household for Emergencies

After a disaster, you and your family should be prepared to be on your own for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more. Emergency response teams will be very busy and may not be able to provide immediate care to all who need it.

Before disaster strikes

- Choose a place for your family to meet after a disaster.
- Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so he or she won't be involved in the same emergency.
- Know how to contact your children at their school or daycare, and how to pick them up after a disaster. Let the school know if someone else is authorized to pick them up. Keep your child's emergency release card up to date.
- Put together an emergency supply kit for your home and workplace. If your child's school or daycare stores personal emergency kits, make one for your child to keep there.
- Know where the nearest fire and police stations are located.
- Learn your community's warning signals, what they sound like and what you should do when you hear them.
- Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.
- Learn how to shut off your water, gas and electricity. Know where to find shut-off valves and switches.
- Keep a small amount of cash available. If the power is out, ATM machines won't work.
- If you have family members who don't speak English, prepare emergency cards in English with their names, addresses and information about medications or allergies.

Make sure they can find their cards at all times.

- Conduct fire drills every six months.
- Make copies of your vital records and store them in a safe deposit box in another city or state. Store the originals safely. Keep photos and videotapes of your home and valuables in your safe deposit box.
- Make sure family members know all the possible ways to get out of your home. Keep all exits clear.
- Make sure all family members agree on an emergency plan. Give emergency information to babysitters or other caregivers.

During an emergency or disaster

- Keep calm and take time to think. Give assistance where needed.
- Listen to your radio or television for official information and instructions.
- Use the telephone for emergency calls only.
- If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.

After the emergency or disaster is over

- Use caution in entering damaged buildings and homes.
- Stay away from damaged electrical wires and wet appliances.
- Check food and water supplies for contamination.



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____
 Email: _____
 Neighborhood Meeting Place: _____
 Regional Meeting Place: _____
 Evacuation Location: _____

Telephone Number: _____
 Telephone Number: _____
 Telephone Number: _____
 Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____
 Date of Birth: _____
 Name: _____
 Date of Birth: _____

Social Security Number: _____
 Important Medical Information: _____
 Social Security Number: _____
 Important Medical Information: _____
 Social Security Number: _____
 Important Medical Information: _____
 Social Security Number: _____
 Important Medical Information: _____
 Social Security Number: _____
 Important Medical Information: _____
 Social Security Number: _____
 Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

School Location One
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

Work Location Two
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

School Location Two
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

Work Location Three
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

School Location Three
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

Other place you frequent
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

Other place you frequent
 Address: _____
 Phone Number: _____
 Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies



Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

Ready

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

Ready

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Family Emergency Plan

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OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

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NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

Ready

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Helping Children After a Disaster

It's important to remember some children may never show distress, while others may not give evidence of being upset for several weeks or even months after an emergency. Other children may not show a change in behavior, but may still need your help.

Children who experience an initial traumatic event before they are 11 years old are three times more likely to develop psychological symptoms than those who experience their first trauma later. Children are able to cope better with a traumatic event if parents and other adults support and help them with their experiences. Help should start as soon as possible after the event.



Children may exhibit the following behaviors after a disaster:

- Be upset over the loss of a favorite toy or possession that is important to them.
- Change from being quiet, obedient and caring to loud, noisy and aggressive, or change from being outgoing to shy and afraid.
- Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- Be afraid the event will reoccur.
- Become easily upset.
- Lose trust in adults. (After all, their adults were not able to control the disaster.)
- Revert to younger behavior (bed-wetting, thumb-sucking).
- Want to stay close to parents. Refuse to go to school or day care.
- Feel they caused the disaster because of something they said or did.
- Become afraid of wind, rain or sudden loud noises.
- Have symptoms of illness, such as headaches, vomiting or fever.
- Worry about where they and their family will live.

Things parents can do to help their children:

- Talk with children about how they are feeling. Assure them that it's okay to have those feelings.
- Help children learn to use words that express their feelings, such as "happy," "sad," or "angry."
- Children should not be expected to be brave or tough. Tell them it is okay to cry.
- Don't give children more information than they can handle about the disaster.

- Assure fearful children you will be there to care for them; consistently reassure them.
- Go back to former routines as soon as possible. Maintain a regular schedule for the children.
- Reassure children that the disaster was not their fault.
- Let children have some control, such as choosing clothing or what meal to have for dinner.
- Re-establish contact with extended family.
- Help your children learn to trust adults again by keeping promises you make.
- Help your children regain faith in the future by making plans.
- Get needed health care as soon as possible.
- Spend extra time with your children at bedtime.
- Make sure children eat healthy meals and get enough rest.
- Allow special privileges for a short period of time, such as leaving the light on when they go to bed.
- Find ways to emphasize to your children that you love them.
- Allow children time to grieve losses.
- Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal life.

Take Care of Your Psychological and Emotional Needs

It is natural to be upset when you think your health or the health of your loved ones is threatened. Pay attention to your own feelings and take care of your emotional needs, then you can better help friends and family members handle their concerns.



Coping with uncertainty

- Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried during an emergency.

Everyone reacts differently to an emergency

- People often experience changes in their physical, emotional or mental state during and after emergencies. For example, they may have trouble sleeping, experience anger or depression, or have problems at work or school. These are among the many normal reactions to an emergency situation. There are things you can do to cope with these problems. However, if these reactions seem extreme or last for a long time, the person suffering the condition should seek help.

Get reliable information

- When an emergency happens, it is important to keep things in perspective. Get information about the event from:
 - Newspaper, radio, television
 - Your health care provider
 - Your local health department

Here are some ways you can cope with stress and anxiety:

- Limit your exposure to graphic news stories

- Get accurate, timely information from reliable sources
- Learn more about the specific health hazard
- Maintain your normal routine, if possible
- Avoid drugs and excessive drinking
- Exercise, eat well and get enough sleep
- Stay active physically and mentally
- Stay in touch with family and friends
- If you can, help others
- Keep a sense of humor
- Share your concerns with others

Stay connected

- The fear associated with a public health emergency can push people apart. People who are normally close to family and friends may avoid contact because they are afraid they might get sick. It is important to stay connected with others. Use the phone and email.
- Ask for help if you need it. If your anxiety about a health risk gets in the way of your daily life, talk to someone you trust. This may be your doctor, a family member, friend, clergy member, teacher or mental health professional.
- If you notice a big change in a loved one, friend or co-worker, reach out to them. Make some time to talk. Watching out for others shows you care and it can be comforting for both of you.
- If you or someone you know is having a hard time managing their emotions, seek help from a medical or mental health professional.

Getting Medicine During a Public Health Emergency

The Strategic National Stockpile is a federal government program that provides medication and medical supplies to states during an emergency.

When help is needed fast

- If a disease outbreak, bioterrorism attack or natural disaster happens in Washington State, thousands, possibly millions, of people will need medical attention to treat or prevent the spread of disease. Local medical supplies and medications will be used up quickly during such a public health emergency.
- The Strategic National Stockpile (SNS) helps meet the need for additional supplies by quickly delivering large quantities of critical emergency medicines and supplies to states that request them.

Assistance for your community

- In the event of a disaster, outbreak or attack, the Governor/Mayor will ask the federal government to send SNS shipments to your community. Once help is approved, the SNS will fill the request from storage facilities strategically located around the country. Supplies can be delivered to any state within 12 hours of the request.
- Depending on the type of emergency, the SNS will deliver antibiotics, chemical antidotes, antitoxins or other medical or surgical items. Additional drugs and/or medical supplies can be supplied within the following 24 to 36 hours.
- When SNS shipments are received, state emergency response workers will immediately deliver the supplies and medications directly to the communities that need them.

Finding medication during an emergency

- Cities and towns will set up emergency medication centers (also known as points of dispensing sites or PODS) where people can pick up the emergency medications or receive vaccinations. Medication centers will be located in large public buildings such as schools, arenas or churches in several geographic areas to minimize the amount of

time people need to travel to reach them.

Local public health agencies will announce when medication centers will open, where to find them, how to get there, what to bring and what to expect. You will be able to get this important information from sources that include:

- Television and radio news; newspapers
- State and local public health and emergency management Web sites
- Community, civic and religious organizations.
- Local governments are responsible for determining the location of medication centers in their areas. In many cases these sites will not be made public until an emergency occurs. Not all medication center sites will be used for every emergency, so it will be important to check the resources listed above for current information in the event of an emergency.

At the medication center

- If medication centers are opened to distribute medicine from the Strategic National Stockpile in an emergency, there will be no charge to the public.
- Trained staff will be available to assist you at the medication center.
- The process will be simple.
- Depending on the type of emergency, one person may be able to pick up medications for a household or group.



Protect Your Pets

Consider your pets when planning for emergencies. Know where to take your pets in an emergency and remember their needs when creating your family preparedness kit.



Before the disaster

- Find a safe place for your pets to stay. Some hotels and motels may allow you to bring pets; others may suspend their “no pet” rules during an emergency. Check ahead to make sure you can bring your pet.
- Make sure your pets wear current ID tags all the time, and that carriers for each pet are labeled with contact information. Talk with your veterinarian about permanent identification such as microchipping, and enrolling your pet in a recovery database.
- Make sure your pets are current on their vaccinations. Pet shelters may require proof of vaccines.

During a disaster

- Keep pets in the house as emergency situations develop so you can locate them.
- Don't wait until the last minute to get ready. Warnings may be issued hours or days in advance.

If you evacuate, take your pets

- If it's not safe for you to stay in the disaster area, it's not safe for your pets. Don't leave animals inside your home, chained outside or roaming loose. They can easily be injured, lost or killed.
- If you leave, take your pet even if you think you'll be able to come home in just a few hours.

If you don't evacuate

- Keep your pets with you in a safe area of your home. Keep dogs on leashes and cats in carriers, and make sure they are wearing identification.

- In case you're not home during a disaster, arrange well in advance for a trusted neighbor to take your pets. Be sure the person is comfortable with your pets, knows where to find them and your pet emergency supplies, and has a key to your home.

After the disaster

- For a few days, keep dogs on leashes and cats in carriers inside the house. If your house is damaged, they could escape and become lost.
- Be patient with your pets. Re-establish their routines as soon as possible. Be ready for behavioral problems.

Emergency supply list for pets

Have everything ready to go. Store supplies in sturdy easy-to-carry containers. Include:

- Medications, medical records, and first-aid kit – stored in a waterproof container.
- Sturdy leashes and harnesses.
- A secure carrier large enough for your pet to comfortably stand, turn around, and lie down. Add blankets or towels for bedding.
- Photos of you with your pets to help identify lost pets and prove ownership.
- Food and water for at least seven days for each pet. Bowls, cat litter and litter box, and a manual can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian.
- Pet beds and toys, if you can easily take them.
- Newspapers, paper towels, plastic trash bags, grooming items and household bleach.

Pandemic Flu

An influenza pandemic is a worldwide outbreak of a new flu virus

- An influenza — or flu — pandemic is an outbreak of a new type of flu virus that spreads rapidly from one country to another. Because the virus is new, people don't have a natural immunity to it and vaccine will not be available for many months. Without vaccine or immunity, the virus passes rapidly from person to person. Hundreds of thousands in our country could get sick, and many could die.
- There have been three large flu pandemics in the 20th century – 1918, 1957, and 1968. No one knows where or when the next one will begin, but health officials agree that it is only a matter of time.

What to expect if an outbreak occurs

- A flu pandemic could be devastating, so everyone should be prepared for the worst. With up to one-third of the workforce sick or staying home, supplies and services could be limited or disrupted.
- Extraordinary measures could be required. You may be asked to stay away from other people, large public events like concerts or sports could be canceled, and schools could be closed. Health officials may issue orders to keep people with the virus at home or in special facilities. You may be asked to wear a mask in medical facilities or other public places.
- A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months.

What to do now

- Be ready to help family and neighbors who are elderly or have special needs if services they depend on are not available.
- Know school policies about illness and absence. Make a plan for taking care of your children if schools are closed for long periods.
- Be prepared to stay home from work when you are sick. Know work policies about sick leave, absences, time off and telecommuting.

- Explore ways to get your work done with less personal contact, such as increased use of e-mail and phone conferences.
- Be prepared to get by for a week or more on what you have at home. Stores may not be open or may have limited supplies.
- Plan to limit the number of trips you take to shop or to run errands.

Prevent the spread of germs

- The flu virus is spread from person to person when an infected person coughs, sneezes, or touches things that others use. To protect yourself and others:
- Cover your mouth and nose when you cough or sneeze. Cough into your sleeve or cover your mouth and nose with a tissue.
- Wash your hands. Soap and warm water are best, but alcohol-based hand gel or disposable wipes also work.
- Don't touch your eyes, nose or mouth. The flu virus is often spread when a person touches something that has the flu virus on it and then touches his or her eyes, nose or mouth.
- Stay home when you're sick or have flu symptoms. Drink extra water, get plenty of rest, and check with a health care provider as needed.

Learn home-care basics

- Know how to care for someone with fever, body aches, and lung congestion. During a pandemic, follow health official's instructions.
- Learn about dehydration. The flu virus causes the body to lose water through fever and sweating. Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure, or a fast pulse when lying or sitting down. These are signs of dehydration. To prevent dehydration, it is very important for a person with the flu to drink a lot of water — up to 12 glasses a day.

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the current behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

3. *Items to have on hand for an extended stay at home:*

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups<input type="checkbox"/> Protein or fruit bars<input type="checkbox"/> Dry cereal or granola<input type="checkbox"/> Peanut butter or nuts<input type="checkbox"/> Dried Fruit<input type="checkbox"/> Crackers<input type="checkbox"/> Canned juices<input type="checkbox"/> Bottled water<input type="checkbox"/> Canned or jarred baby food and formula<input type="checkbox"/> Pet food<input type="checkbox"/> Other nonperishable foods	<ul style="list-style-type: none"><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment<input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen<input type="checkbox"/> Thermometer<input type="checkbox"/> Anti-diarrheal medication<input type="checkbox"/> Vitamins<input type="checkbox"/> Fluids with electrolytes<input type="checkbox"/> Cleansing agent/soap<input type="checkbox"/> Flashlight<input type="checkbox"/> Batteries<input type="checkbox"/> Portable radio<input type="checkbox"/> Manual can opener<input type="checkbox"/> Garbage bags<input type="checkbox"/> Tissues, toilet paper, disposable diapers

Shelter-in-Place

If a chemical agent attack happens, authorities will instruct people to either seek shelter where they are and seal the premises (shelter-in-place), or evacuate immediately. If ordered to remain in your home, office or school, follow these directions to “shelter-in-place.”



Go inside.



Close all windows and doors.



Turn off ventilation systems (heating and air-conditioning, and fireplace dampers).



Go into a room with the fewest doors and windows and seal the room.



Stay in the room until told by the authorities that it is safe to come out.

How to shelter-in-place

- Dampen towels and place over the cracks under doors.
- Duct tape around the door.
- Turn on the radio.
- Don't air out or leave your sealed shelter until you are told to do so.

Remember

- If ordered to evacuate, do so immediately and carefully follow directions. Do not wander about; know where you are going and how to get there.
- Avoiding chemical exposure should be your primary goal. Leaving your sheltered area to rescue or assist victims can be a deadly decision.

- In a chemical emergency, there is very little an untrained volunteer can do to help victims. Stay in your sheltered area until authorities determine it is safe to come out.
- If you were outside before taking shelter and think you may have been exposed to a chemical agent, there are several things you can do. If you are in a sealed shelter, take off at least your outer clothes, put them in a plastic bag and seal the bag. If water is available, wash or take a cool to warm (not hot) shower, using lots of soap and water. Do not put the soap in your eyes, just lots of water. If you leave the area, tell emergency responders or medical staff at your destination you may have been exposed. Tell the emergency responders about the sealed bag so that they can arrange for its safe removal after the emergency.

Disaster Tips for People with Special Medical Needs

In a disaster, people with special medical needs have extra concerns. This information will help you and your family prepare for an emergency.

Medications

- Always have at least a three-day supply of all your medications. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more.
- Store your medications in one location in their original containers.
- Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

Medical supplies

- Have an extra three-day supply of any medical supplies you use, such as bandages, ostomy bags or syringes.

Electrically powered medical equipment

- For all medical equipment requiring electrical power — beds, breathing equipment, or infusion pumps — check with your medical supply company and get information regarding a back-up power source such as a battery or generator.

Oxygen and breathing equipment

- If you use oxygen, have an emergency supply (enough for at least a three-day period).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a three-day supply or more of tubing, solutions and medications.

Intravenous (IV) and feeding tube equipment

- Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency bag

In the event that you have to leave your home, have a bag packed at all times that contains:

- A medication list.
- Medical supplies for at least three days.
- Copies of vital medical papers such as insurance cards and power of attorney.

People who can help

- An important part of being prepared for a disaster is planning with family, friends and neighbors. Know who could walk to your home to assist you if no other means of transportation is available.
- Discuss your disaster plans with your home health care provider.
- Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.
- Keep a phone contact list handy of people who can help.



Disaster Tips for People with Visual Disabilities

Canes

- If you use a cane, keep extras in strategic, consistent, and secured locations at work, home, school and volunteer site to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.

Alternative mobility cues

- If you have some vision, place security lights in each room to light paths of travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- Plan for losing the auditory clues you usually rely on after a major disaster.
- Service animals may become confused, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.

Label supplies

- If helpful, mark emergency supplies with large print, fluorescent tape or Braille.



Secure computers

- Anchor special equipment and large pieces of furniture such as computers and shelving. Create a computer back-up system for important data and store it off site.

Advocacy issues

- Advocate that TV news not only post important phone numbers, but also announce them slowly and repeat them frequently for people who cannot read the screen.

Disaster Tips for the Hearing Impaired



Hearing aids

- Store hearing aid(s) in a strategic, consistent and secured location so they can be found and used after a disaster.
- For example, consider storing them in a container by your bedside, which is attached to a nightstand or bedpost using a string or Velcro. Missing or damaged hearing aids will be difficult to replace or fix immediately after a major disaster.

Batteries

- Store extra batteries for hearing aids and implants. If available, store an extra hearing aid with your emergency supplies.
- Maintain TTY batteries. Consult your manual for information.
- Store extra batteries for your TTY and light phone signaler. Check the owner's manual for proper battery maintenance.

Communication

- Determine how you will communicate with emergency personnel if there is no interpreter or if you don't have your hearing aids. Store paper and pens for this purpose.
- Consider carrying a pre-printed copy of important messages with you, such as: "I speak American Sign Language (ASL) and need an ASL interpreter," "I do not write or read English," and "If you make announcements, I will need to have them written or signed."
- If possible, obtain a battery-operated television that has a decoder chip for access to signed or captioned emergency reports.
- Determine which broadcasting systems will be accessible in terms of continuous news that will be captioned and/or signed. Advocate so that television stations have a plan to secure emergency interpreters for on-camera duty.

Alarms

- Install both audible alarms and visual smoke alarms. At least one should be battery operated.
- **Advocacy**
- Recruit interpreters to be Red Cross emergency volunteers.
- Encourage TV stations to broadcast all news and emergency information in open caption format.
- When you travel, ensure hotels have services for deaf and hearing-impaired persons, including visual alarms. Ask for them when you check in.

Disaster Tips for People with Mobility Disabilities



Storage

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair or scooter.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient and secured location. Keep extra aids in several locations, if possible.

Emergency supply kit

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris.
- If you use a motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.

- If your chair does not have puncture-proof tires, keep a patch kit or can of "seal-in" air product to repair flat tires, or keep an extra supply of inner tubes.
- Store a lightweight manual wheelchair, if available.
- Make sure furniture is secured so that it doesn't block the pathways you normally travel.
- If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network.
- If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be times when wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- Sometimes transporting someone down stairs is not a practical solution unless there are at least two or more strong people to control the chair. It is very important to discuss the safest way to transport you if you need to be carried, and alert helpers to any areas of vulnerability. For example, the traditional "firefighter's carry" may be hazardous for some people with respiratory weakness.
- Be prepared to give helpers brief instructions on the best way to move you.