

# Emergency and Disaster Preparation

- Fill out the Emergency Information List.
- Fill out the Medical Information List.
- Fill out a Disability Specific Checklist.
- Attach copies of your health insurance cards and related information to your Medical Information List.
- Keep at least a three-day supply of essential medications with you at all times. One option is to put the last 3 days of your monthly supply in the kit, and rotate those three at the end each month, when you refill.
- Have extra copies of prescriptions with you at all times.
- Install at least one smoke detector on each level of your home, as well as one in each bedroom.
- Find the location of utility cutoff valves and switches. Become familiar with how to operate them.
- Identify as many exits as possible (at least two) from each room and from your building.
- Make a floor plan of your home, including primary escape routes.
- Practice your escape plan.
- Decide what equipment you will need for assistance during an evacuation.
- Be ready to give brief, clear, specific instructions and directions to rescue workers.
- Become familiar with the emergency or disaster evacuation plan for your office, school, or other locations where you spend a lot of time.
- Have an alternative place to stay if you are evacuated.
- Have a plan to care for your pets and/or Service animal(s).
- Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster. Also, find out the shelf life of your medication and the storage temperature it needs.
- Determine how often you should replace stored medication,

## Identify places to go during an:

- Wildfire
- Tornado
- Winter Storm
- Flood

# Personal Support Network

## WHO, WHAT, WHERE AND WHY?

A Personal Support Network is a group of people who come together to help keep one another safe in an emergency. The people in your Personal Support Network will work with you to prepare for a disaster. You might practice evacuating together, or work with one another to prepare emergency kits for your car, home, and to carry with you on your person. The following tips will help you develop your Personal Support Network:

Ask people you know and trust to be part of your Personal Support Network. Members of your Network can be relatives, neighbors, co-workers, or friends. You should have at least three people in your Personal Support Network for each location you spend a lot of time at (home, work, school, volunteer sites, etc.).

## HOW TO PREPARE

Give copies of your Emergency Information, Medical Information, and Disability- Related Supply lists to members of your Personal Support Network.

Have members of your Personal Support Network check on you if emergency officials issue an evacuation order, or if a disaster occurs. If you are Deaf or hard of hearing, have members of your Personal Support Network contact you when a siren or loudspeaker announces an emergency.

Do not count on phone service during an emergency. Decide on signals members of your Personal Support Network can use in an emergency that all of you will understand. For instance, you can hang sheets outside your windows, shout to each other or use high-pitched noisemakers or bells to let one another know if an emergency is happening.

Share important keys with your Personal Support Network so that they can enter your home, car, or other places if they need to.

If you use special equipment of any sort, make sure members of your Personal Support Network know how to operate and safely move it. It is a good idea to make labels with instructions for your equipment.

If you have a service animal, make sure the animal is familiar with members of your Personal Support Network. This will make it easier on your animal if it needs to receive care from someone other than you.

If you need any type of personal assistance, make sure members of your Personal Support Network know what you need and how to provide it.

## PRACTICE AND REVIEW

- Practice evacuating from your home, office, or school with members of your Personal Support Network. You should choose an emergency meeting place where you can reunite with your Personal Support Network after evacuating from your home, school, or office. Select a signal you can use to let your Personal Support Network know that you have safely evacuated if you cannot meet in person.
- Review and revise your plan with your Personal Support Network every six months, or as your situation changes.
- Be sure to let your Personal Support Network know when you plan to travel!
- When contacting your Personal Support Network, consider texting over phone calls, if possible. Phone lines need to remain clear for first responders, and cell towers can be quickly overwhelmed. Texts send faster, and easier.
- **During an active emergency** Safeandwell.org is a website to log your location and share any messages with friends/family. You can register from wherever you are, and as long as the family member or friend knows your name and EITHER your phone number or your pre-disaster address, they can look up any messages, needs or information you choose to share. Ways to be in touch, ways to help, etc. This information can be updated regularly, as your information changes.
- Consider asking one of your personal support network to update your Facebook, Twitter or other social media accounts that you may use often. Encourage inquiring family to contact that person for updates and information, to allow you to free your time to contact doctors, insurance and other important calls you may need to make.